

# Harvest of the Month



## CHERRY TOMATOES



### TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** a cherry tomato.
2. **MAKE** a dish with cherry tomatoes using the recipe and ingredients provided.
3. **LEARN** about cherry tomatoes with the information below.

### Fun Facts

- Cherry tomatoes are part of the nightshade family which includes peppers, eggplant, and potatoes.
- The Aztecs would mash up tomatoes with chili peppers and squash seeds - the first salsa!
- Cherry tomatoes come in a huge array of colors and have names like pink bumblebee, green envy, and indigo cherry drops!
- Cherry tomatoes are a good source of potassium which helps your heart beat, and vitamin C which helps your bones stay strong!

### Local Connection



Amy and Fred of Luna Farm in Redcrest (left) and Jennifer and Michael of Willow Creek Farms in Willow Creek (right) grow a lot of cherry tomatoes! Their market stands burst with color this time of year.



HUMBOLDT COUNTY OFFICE OF EDUCATION

Nutrition Programs & Services



*Need help with food? Add to your food budget with the CalFresh program. Visit [benefitscal.com](http://benefitscal.com) or call 1-877-410-8809 to find out if you qualify.*