



Tomato

Solanum lycopersicum
Nutrition Facts

- Tomatoes provide a good source of Vitamin A and Vitamin C.
- Is it a fruit or a vegetable? Tomatoes are actually fruit but the nutrients found in tomatoes can be found in both fruits and vegetables.

Planting

Plant 5/1-5/20
(Guidelines for planting in raised beds)

Plants: Plant transplants 18-24" apart in rows spaced 18-24" apart. In a 4'x12' bed, plant 2 across and 5 down.

Care

Plants: Water when top 1" of soil dries out. Mulch plants with cotton burr compost or straw to keep soil moist. Climbing varieties of tomatoes should be enclosed in a trellis so that the plant grows off the ground and the tomatoes are protected from insects and rot.

Harvest & Storage

Tomatoes are ready to be harvested once they have turned red. The skin on the tomato should be tight. Tomatoes will continue to ripen after they are harvested. Green tomatoes are fine to harvest, though they are not quite mature. Tomatoes that have started to change color at the bottom of the tomato have not fully matured but they will ripen off the vine.

Recipe

Wash all vegetables before using

Fried Green Tomatoes

4 large green tomatoes

2 eggs

1/2 cup milk

1 cup all-purpose flour

1/2 cup bread crumbs

2 teaspoons kosher salt

1/4 teaspoon ground black pepper

Vegetable oil for frying

Slice tomatoes 1/2 inch thick. Whisk eggs and milk in a medium bowl. Scoop flour onto a plate. On another plate, combine cornmeal, bread crumbs, salt and pepper. Dip tomatoes onto flour, then egg mixture, and then coat with breadcrumb mixture. Heat up a large skillet with the oil, frying the tomatoes on both sides.



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