

# FAMILY CONNECTIONS

## TASTEFUL HARVEST



# TOMATOES

0.8G  
PROTEIN

0.2G  
FAT



11G  
FIBER

16  
CALORIES

3.5G  
CARBS

- ✓ Sodium-Free
- ✓ Fat-Free
- ✓ Low-Calorie
- ✓ Gluten-Free
- ✓ Cholesterol-Free

Rich in vitamin C and lycopene

## Healthy Nutrition and Learning Success

Oklahoma farmers' markets offer a colorful variety of fresh fruits and vegetables. Eating fruits and vegetables every day can give your family the nutrients they need to grow strong and build healthy bodies and minds. This resource, Tasteful Harvest can help your family learn how to eat healthy and be physically active every day.

## HOW TO PICK THE BEST

- Look for tomatoes that are firm and give slightly to gentle pressure.
- Store ripened tomatoes at room temperature, out of direct sunlight. Use within a few days.
- Place unripened tomatoes in a brown paper bag until ripe.
- Before serving, wash tomatoes in cold water and remove any stems or leaves.

## HEALTHY SERVING SUGGESTIONS

- Use raw tomatoes to make salsas or as a base for soups and sauces
- Toss sliced red, yellow, and green tomatoes with your family's favorite low-fat dressing for a quick salad.
- Make a new tomato recipe. Ask your child to help choose the recipe, shop for ingredients, and prepare it.
- Buy low-sodium canned tomatoes, tomato paste, and tomato sauce when fresh tomatoes are unavailable.

## HUEVOS RANCHEROS WITH FRESH SALSA

Makes 4 servings. 1 tortilla per serving. Cook time: 30 minutes.

### Ingredients:

- 4 (6-inch) corn tortillas
- ½ tablespoon vegetable oil nonstick cooking spray
- 1½ cups egg substitute
- 2 tablespoons shredded cheese
- 2 cups fresh salsa
- ⅛ teaspoon ground black pepper

### Directions:

1. Preheat oven to 450 F.
2. Lightly brush tortillas with oil on both sides. Place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges. Remove from oven and set aside.
3. Spray a large skillet with nonstick cooking spray.
4. Cook egg substitute in skillet over medium heat for 2 to 3 minutes until eggs are cooked.



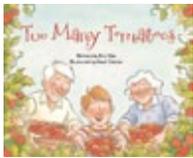
5. Place equal amounts of egg on each tortilla. Top each with ½ tablespoon cheese.
6. Place under the broiler for about 2 minutes until cheese is melted. Spoon ½ cup fresh salsa over each tortilla and top with ground black pepper. Serve warm.

## TOMATO FUN FACTS

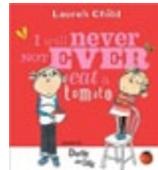
- The heaviest tomato ever grown weighed 7 lbs. 12 oz. It was of the cultivar 'Delicious' and was grown by Gordon Graham of Edmond, Oklahoma in 1986.
- Because the tomato has seeds and grows from a flowering plant botanically it is classed as a fruit not a vegetable.
- Pretty much all tomato varieties are red although other colors are possible including green, yellow, orange, pink, black, brown, white, and purple.
- The biggest tomato fight in the world happens each year in the small Spanish town of Buñol. The festival called La Tomatina, involves some 40,000 people throwing 150,000

tomatoes at each other.

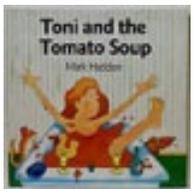
- The Guinness World Record for most tomatoes harvested from a single plant over one year weighed 1151.84 lbs. with 32,194 tomatoes harvested between May 2005 and April 2006. The tomato plant was at the Epcot Science project at Walt Disney World Company, Florida, USA.
- Tomatoes are rich in lycopene, an antioxidant that is good for the heart and effective against certain cancers. Cooked tomatoes are actually better for you than raw ones, as more beneficial chemicals are released. Tomatoes are also packed with vitamins A and C, calcium, potassium.



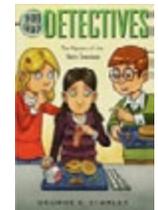
Too Many Tomatoes  
by Eric Ode



I Will Never Not Ever Eat a Tomato  
by Lauren Child



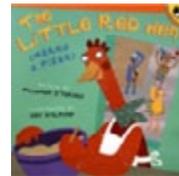
Toni and the Tomato Soup  
by Mark Haddon



Third Grade Detectives: The  
Mystery of the Hairy Tomatoes  
by George Stanley



The Boxcar Children:  
The Mystery of the  
Traveling Tomatoes  
by Gertrude Chandler Warner



Read the story of *The Little Red Hen Makes a Pizza*. You can even make your own pizza as a family. Then plan to plant some of the ingredients used on a pizza like tomatoes and peppers? Use the activity below to plant your vegetables!

## ACTIVITY: NEWSPAPER PLANTING POT

### Materials needed:

- newspapers
- masking tape (the cheapest in the paint section – must be thin and not very sticky)
- bottle
- soil
- seeds or plants

### Instructions

1. Fold one sheet of newspaper in half.
2. Put bottle in center of half, and fold the newspaper up around the bottle.
3. Put a piece of tape approximately 12" long around the newspaper to make the pot about 3" tall.
4. Remove the bottle
5. Tuck the tops of the paper into the pot. The

tape should be inside the pot.

6. If planting seeds, fill pot full of soil, then plant seeds and spritz to dampen the soil.

7. If planting plants, put plant in pot first, then put soil around the plant. Spritz to dampen soil.

8. When planting in the ground, dig the hole big enough for the entire pot. None of the pot should be exposed to air.

The newspaper pot will disintegrate and become part of the soil. The newspaper and the tape are biodegradable. The glue on the cheap tape that doesn't stick well is soluble and will dissolve in the soil. The tape is paper. The ink on the newspaper is usually soy ink.