

# PALMETTO PICK OF THE MONTH

## Tomatoes



SOUTH CAROLINA  
FARM to SCHOOL



**Tomatoes** are fruits, related to the berry family. They come in a variety of shapes and sizes. Their soft outside covers a fleshy inside, encased with seeds. It is one of America's favorite types of produce and grows well in South Carolina.

### PREPARING

Keep tomatoes on the vine until you are ready to use them. Place them in paper bags after harvesting, out of extreme sunlight. Never refrigerate fresh tomatoes. When ready to use, wash the outside of the tomato well. Enjoy sliced, whole, frozen, or canned.

### HEALTH BENEFITS

Tomatoes are a great source of vitamin C, which help your body grow, develop and repair. They are also full of lycopene which can help your bones stay strong.

### GROWING TOMATOES

**Sun Exposure: Full Sun**

**Soil Type : Loamy**

**Soil pH: Acidic**

Tomatoes are a warm weather plant. Start the seeds indoors about two months before the last spring frost. When you transplant the plant, select a site with full sun and till the soil with compost. After the last frost, transplant your plant into the soil, covering enough just so that the lowest leaves are above the ground. Water well after transplanting. Continue to water generously for the first week and continue to water well throughout the summer. To help your plant grow well, use tomato cages or stakes upright in the ground. Harvest tomatoes when they are firm and fully ripened, usually dark red.

### Books

*I Will Never Not Ever Eat a Tomato* by Lauren Child

*Too Many Tomatoes* by Eric Odes

### PALMETTO PICK OF THE MONTH SNACK



Place a sliced tomato on half a bagel with some cream cheese for a savory snack.



For more information about other fruits and vegetables available in South Carolina each month, please visit

[CERTIFIEDSCGROWN.COM](http://CERTIFIEDSCGROWN.COM)

