

Tomatoes

Nebraska Seasonal Produce Guide

Tomatoes are a summer staple that comes in many different varieties and colors. It is a great addition to many dishes. Providing a bright flavor and packed with vitamins, tomatoes can be eaten raw, cooked, and made into sauces.



EXTENSION
Health & Wellbeing

Why Should I Eat This?

Tomatoes are a great source of lycopene, which is an antioxidant that may help lower the risk of some forms of cancer, promote heart health, and help keep the immune system healthy. Tomatoes are also high in vitamin C, which helps heal cuts and wounds.



Proper Storage

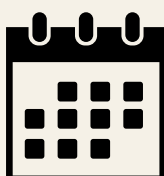
Keep tomatoes at room temperature away from direct sunlight and use them within 1 week after ripening. Refrigerate overripe or cut tomatoes. Place unripe tomatoes in a closed paper bag to ripen faster.

How Could I Use This?

- Blend into a sauce or vinaigrette
- Add to salads, sandwiches, wraps, tacos, and burgers
- Add to a soup or stew
- Make fresh salsa
- Make bruschetta
- Bake tomatoes and top with Parmesan cheese
- Add to a skewer

Make a Good Selection

Choose tomatoes that are smooth and free from blemishes. A ripe tomato will be firm and gives slightly to gentle pressure.



Seasonal Availability in Nebraska

Harvest Season: July through October

Market Availability: August through November



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