

Tomatoes

This summer staple has 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.

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How Could I Use This?

- Blend into a sauce or vinaigrette
- Add to salads, sandwiches, wraps, tacos and burgers
- Add to scrambled eggs or an omelet
- Add to a soup or stew
- Make a fresh salsa
- Stuff tomatoes with tuna or chicken salad
- Make bruschetta
- Make a gazpacho, which is a cold tomato soup
- Bake tomatoes and top with Parmesan cheese
- Add to a skewer

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, promotes heart health, and helps keep the immune system healthy. Tomatoes are also high in vitamin C which helps heal cuts and wounds and supports our immune system and vitamin A for eye health.

Proper Storage

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

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.

What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST							☑	☑	☑	☑		
MARKET								☑	☑	☑	☑	



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