

Foods For Thought

From the Vegetable Garden Team of Eden Mill

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Featuring:

TOMATOES



Presented by
Harford County
Master
Gardeners
and
Family &
Consumer
Sciences
Educator

Fresh Tomato Flatbread

Ingredients

2 large tomatoes, washed
1 tube (8 ounces) refrigerated crescent rolls
1 small onion, peeled and thinly sliced
2 Tbsp. olive oil
1 tsp. Italian seasoning
1 clove garlic, minced or ¼ tsp. garlic powder
1/4 tsp. salt
1/8 tsp. pepper
1 Tbsp. Parmesan cheese



Preheat oven to 375°. Thinly slice tomatoes;

place on paper towels to drain. Unroll crescent dough; place on an ungreased baking sheet. Roll into a 14x10 in. rectangle; press and seal seams and perforations. Arrange tomatoes and onion over crust. In a small bowl, combine the oil, Italian seasoning, garlic, salt and pepper. Brush over top. Sprinkle with cheese. Bake for 10-14 minutes or until lightly browned. Cut into squares. Serves 8.

Nutrition Information per serving:

*Calories 101; Fat 6g; Sodium 205mg;
Carbohydrates 9g; Protein 2g; Fiber 0g*

Cucumber, Tomato, and Basil Salad

Ingredients

2 cucumbers, washed, sliced ¼" thick
2 large tomatoes, washed, cut into wedges
1/2 small red onion, peeled, sliced thin
1 clove garlic, peeled, minced
1 cup fresh basil leaves, washed
1 Tbsp. olive oil
2 tsp. balsamic vinegar

Gently toss all ingredients together in a bowl. Season with salt and pepper to taste. Serve immediately or chill first.

Nutrition Information per serving:

*Calories 110; Fat 4g; Sodium 94mg;
Carbohydrates 17g; Protein 5g; Fiber 8g*

Fried Green Tomatoes the Light Way

Ingredients

4 medium green tomatoes, washed, sliced ¼" thick
1/2 cup yellow cornmeal
1 tsp. salt
½ tsp. pepper
1 Tbsp. olive oil, divided

Preheat oven to 400°. Combine cornmeal, salt and pepper in a bowl. Dredge tomato slices in cornmeal.

Brush 1 ½ tsp. oil over the bottom of an ovenproof skillet. Heat skillet over medium

high heat until very hot. Add half the tomato slices to the skillet in a single layer and cook until browned on one side, about 3 minutes. Turn slices over and transfer skillet to oven. Bake tomatoes for 8 to 10 minutes, or until golden and tender. Transfer to platter and tent with foil to keep warm. Repeat with the remaining oil and tomato slices. Serve hot.

Nutrition Information per serving:

*Calories 64; Fat 2.5g; Protein 1g;
Carbohydrates 9g; Sodium 388mg*



Who said this?

From Ode to Tomatoes

*at the midpoint of summer,
the tomato, star of earth,
recurrent and fertile star,
displays its convolutions,
its canals,
its remarkable amplitude
and abundance,
no pit,
no husk,
no leaves or thorns,
the tomato offers
its gift of fiery color
and cool completeness.*

- Pablo Neruda - Chilean Poet

It's difficult to think about anything but pleasant thoughts while eating a homegrown tomato.

- Lewis Grizzard - American writer

Believe It or Not!

1. In 1893 the Supreme Court voted to call tomatoes a vegetable after an importer attempted to bring in tomatoes as a fruit to avoid the 10% tariff on vegetables.
2. According to the Guinness World Records as of 2020, the heaviest tomato was grown in Walla Walla Washington and weighed in at 10 lb. 12.7 oz. with a circumference of 33 inches.
3. Colonial Americans grew tomatoes for decoration but did not eat them since they thought they were poisonous.
4. According to the USDA, Americans eat 23 lbs. of tomatoes per person, per year. About half of that comes in form of ketchup and tomato sauce.
5. It's thought that tomatoes originated in Peru, where their Aztec name meant "plump thing with a navel".



What is...a Tomato?

Scientifically speaking, a tomato is a fruit. A fruit is defined as a seed-bearing structure that forms from the flower of a plant. That definition would make the tomato a fruit along with eggplant, green beans, okra, cucumbers and any "vegetable" containing seeds. There are more than 3000 varieties of heirloom tomatoes and more than 15,000 known hybrids! About 93% of American gardeners grow tomatoes in their yards. According to the World Tomato Society, (yes, there is such as thing!) sizes range from the size of a pea to fruit weighing 2-3 lbs. or more. Ripe tomatoes come in colors such as yellow, red, white, purple, pink, orange, green, blue, black, multi colored and striped. Whether you call it a fruit or a vegetable, just call it delicious!

Health Benefits

Tomatoes are loaded with potassium, Vitamin B and Vitamin E. They also contain Lycopene, which is an antioxidant. Food high in Lycopene such as tomatoes fight free radicals that can damage cells and affect your immune system. Some research shows that Lycopene may make you less likely to have lung, stomach or prostate cancer and might help prevent the disease of the pancreas, colon, throat, mouth, breast and cervix as well. Tomatoes also contain Lutein and Zeaxanthin that helps to protect eyes. Some research shows that nutrients from tomatoes can ease inflammation, boost the immune system and lower cholesterol levels.

Source: WebMD



Tomatoes harvested from the Eden Mill Demonstration Garden

MASTER GARDENER

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