



Nothing tastes better than a **tomato** that is truly vine-ripened. Although **tomatoes** are available year-round, vine-ripened **tomatoes** are only available during the growing season—or when grown in a local greenhouse.

Idaho's farmers produce mainly for local markets, which allow them to harvest their **tomatoes** when they are truly ripe, usually July through September. Idaho's warm summer days and brisk cool nights allow the sugar to build inside the **tomatoes** and helps produce a sweeter and juicier **tomato**. **Tomatoes** are also grown locally in greenhouses, which extends the season from early spring through late fall.

Botanically, **tomatoes** are a fruit because generally a fruit is the edible part of the plant that contains the seeds, while a vegetable is defined as the edible stems, leaves, and roots of the plant.

Nutritionists have always known that **tomatoes** – which are packed with vitamin C, potassium, fiber and vitamin A in the form of health-promoting beta-carotene – are good for you. They are also a source of lycopene, which research suggests may play a role in the fight against cancer.



Fresh Idaho **tomatoes** are delicious raw, sautéed, grilled, and stewed. **Tomatoes** are versatile and add great flavor to any recipe - so try a new **tomato** recipe today!

Look for the Idaho Preferred® label to ensure that you are buying delicious local **tomatoes!**



5 A DAY AND TOMATOES

KIDS ACTIVITY SHEET

Try this fun & easy recipe

VEGETABLE PIZZA

- 1 prepared 12-inch pizza crust
- Non-stick cooking spray
- 1 cup low-sodium tomato sauce
- 3 cups chopped vegetables: onion, red or green bell peppers, mushrooms, broccoli, plum tomatoes, zucchini, or carrots
- 8 oz. low-fat mozzarella cheese, shredded
- Fresh or dried oregano (optional)
- Parmesan cheese (optional)

With the help of an adult, preheat oven to 450°. Place pizza crust on a pizza pan or cookie sheet sprayed with non-stick cooking spray. Spoon the tomato sauce onto the crust. Arrange the vegetables over the sauce.

Sprinkle mozzarella cheese over vegetables. If desired, sprinkle with oregano and/or Parmesan cheese over mozzarella cheese. Bake for approximately 8 to 12 minutes. Makes 6 slices.

This is an official 5 A Day recipe.



Eat 5 or more servings of fruits and vegetables a day for better health



Produce for Better Health[®] Foundation
302 235 ADAY

WHAT IS A SERVING?

A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.
 1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice = 1/4 cup of dried fruit
 1/2 cup of cooked, frozen, or canned vegetables or fruit = 1 cup of raw leafy vegetables
 1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

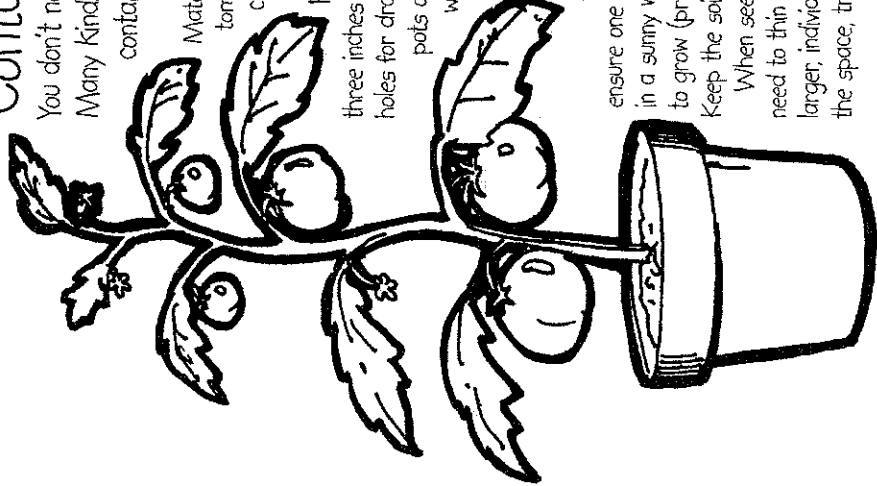
Container Tomatoes

You don't need a big yard to have a garden. Many kinds of vegetables can be grown in containers.

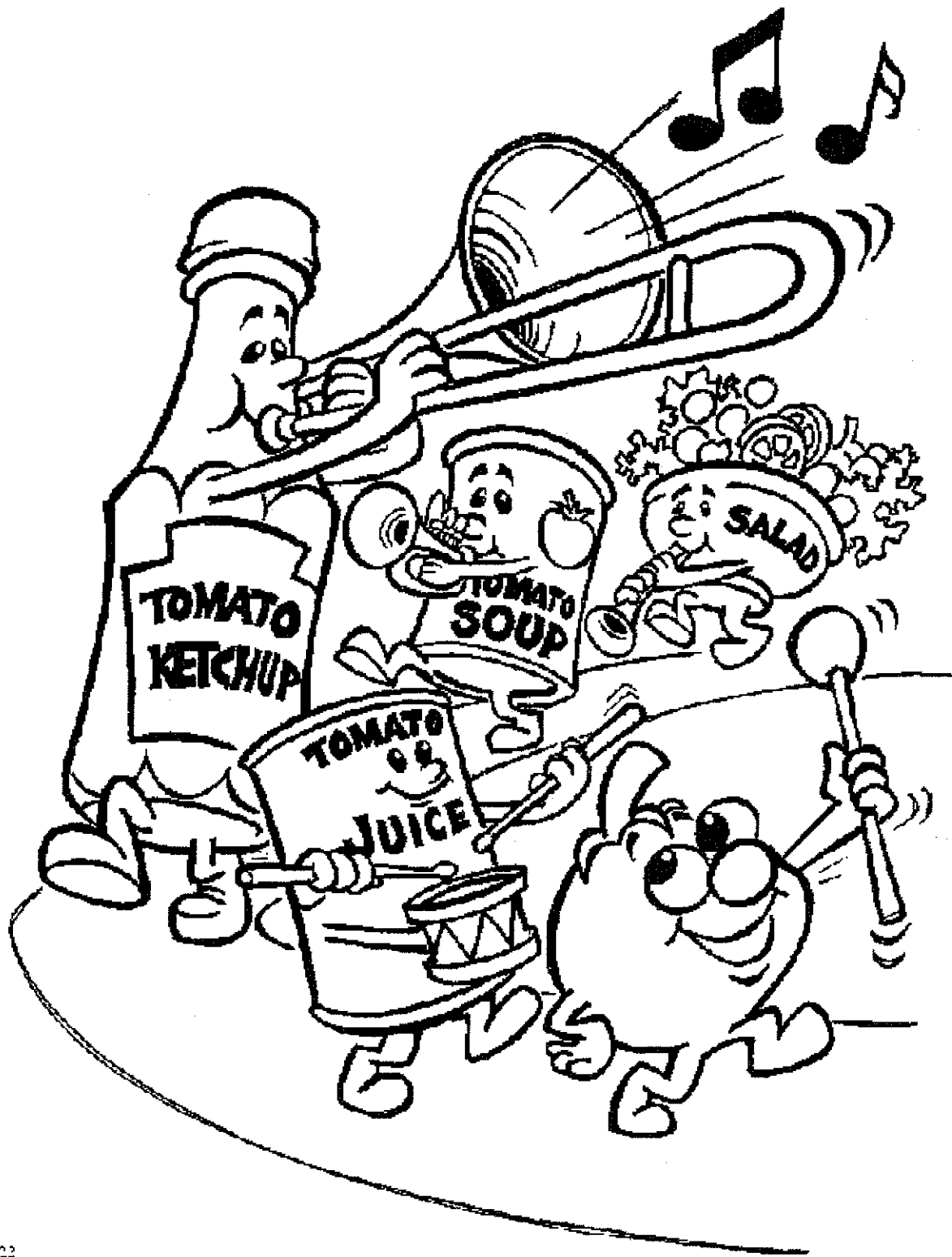
Materials needed: tomato seeds (cherry tomatoes are a good first choice), soil, container, sunny window

Planting containers should be at least three inches deep for roots to grow and have small holes for drainage. You can use 4-inch plastic plant pots or old yogurt or cottage cheese containers with drainage holes punched in the bottom. Fill container close to the top with soil and then water. Plant individual seeds about 1/4 inch deep and an inch apart (plant 2-3 seeds per container to ensure one that sprouts). Water the seeds. Place in a sunny window as plants need warmth and light to grow (protect them from cold drafts at night). Keep the soil moist but not soggy.

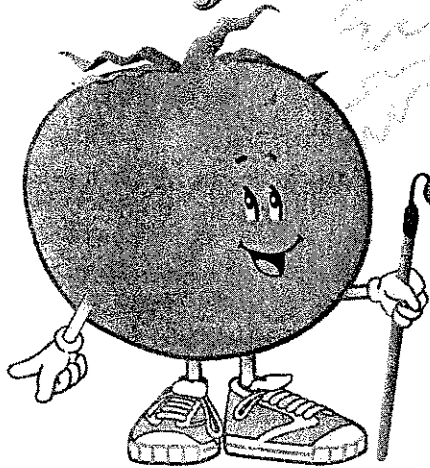
When seedlings have several sets of leaves, you need to thin them out. Move individual plants to larger, individual pots; water regularly. If you have the space, transplant seedlings to an outdoor garden.



**FOR MORE FUN FOR KIDS,
GO TO WWW.5ADAY.COM**



Terry Tomato's Edible Plant Parts



Hi! I'm Terry Tomato, and I love gardening. Gardening is a fun way to learn more about plants, especially fruits and vegetables. Did you know that when you eat fruits and vegetables you're eating edible plant parts like flowers, roots, and seeds? Have fun working on this activity sheet and finding out which plant parts you love to eat!

1. List your three favorite fruits and your three favorite vegetables in the spaces below.

My three favorite fruits are:

1. _____
2. _____
3. _____

My three favorite vegetables are:

1. _____
2. _____
3. _____

2. Now see if you can find your favorite fruits and vegetables in the lists below. When you find them, circle them.

FRUITS

Apples
Apricots
Avocados
Bananas
Bell Peppers
Blackberries
Blueberries
Cantaloupe
Cherries
Cranberries
Dates
Eggplant
Figs
Grapes
Kiwifruit
Kumquats
Lemons
Mangos
Oranges
Papayas

More FRUITS

Peaches
Pears
Persimmons
Pineapple
Plums
Pomegranates
Pumpkin
Raspberries
Strawberries
Squash
Tangelos
Tangerines
Tomatoes
Watermelon

FLOWERS

Artichokes
Broccoli
Cauliflower

LEAVES

Basil
Brussels sprouts
Beetgreens
Cabbage
Chard
Cilantro
Endive
Kale
Lettuce
Mustard greens
Onions
Parsley
Spinach
Turnip greens
Watercress

ROOTS

Beets
Carrots
Parsnips
Radishes
Rutabagas
Sweet potatoes
Turnips

SEEDS

Black beans
Corn
Lima beans
Kidney beans
Peas
Pumpkin seeds
Sunflower seeds

SEED PODS

Chili peppers
Green beans
Okra
Snap pea pods
Snow pea pods
Wax beans

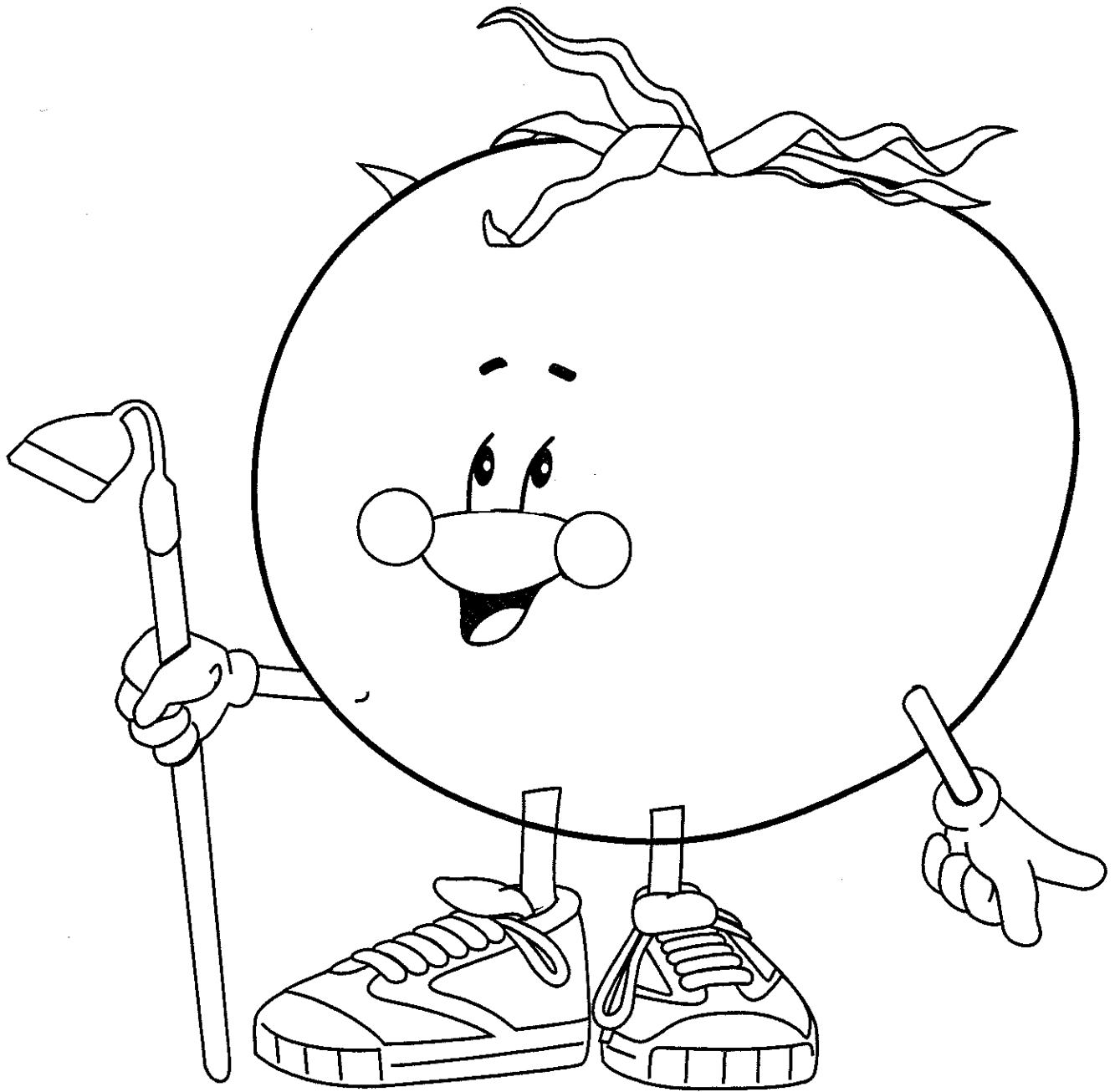
STEMS

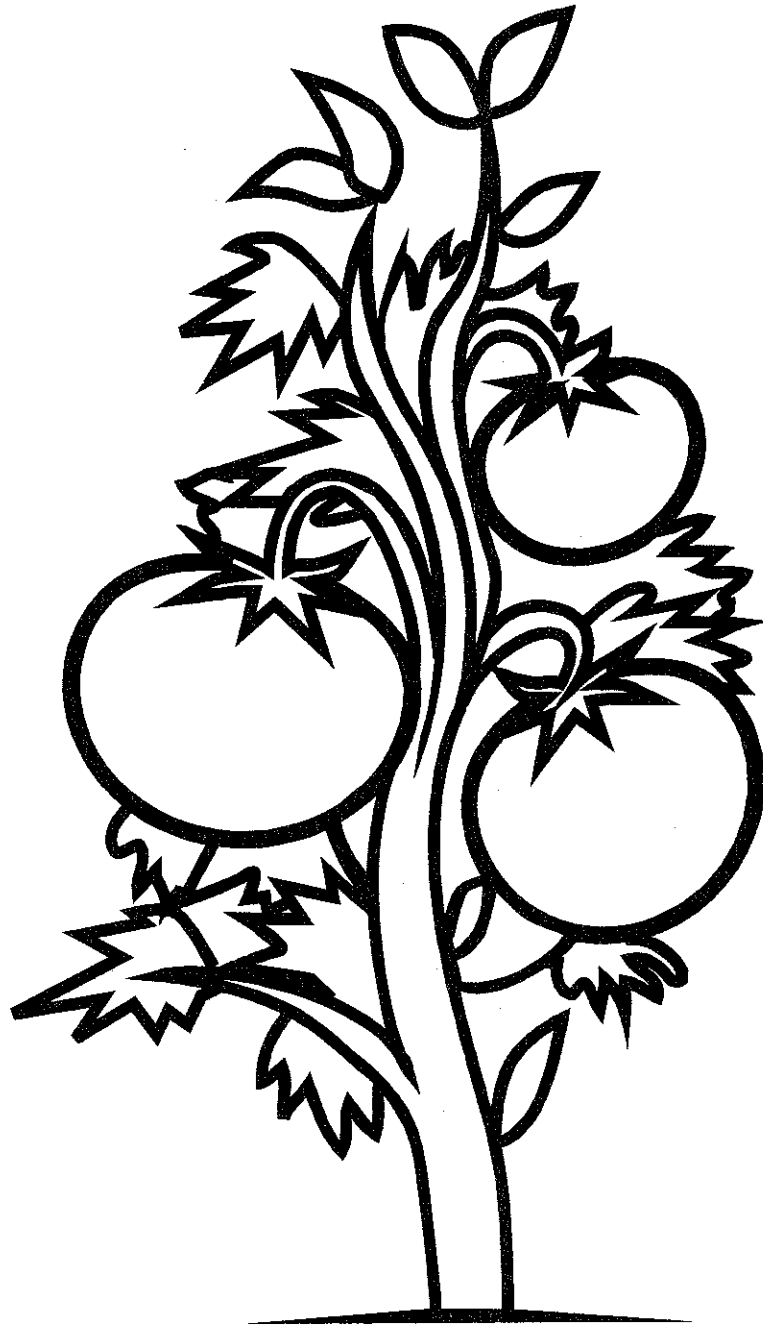
Asparagus
Celery
Leeks
Green onions
Rhubarb

TUBERS

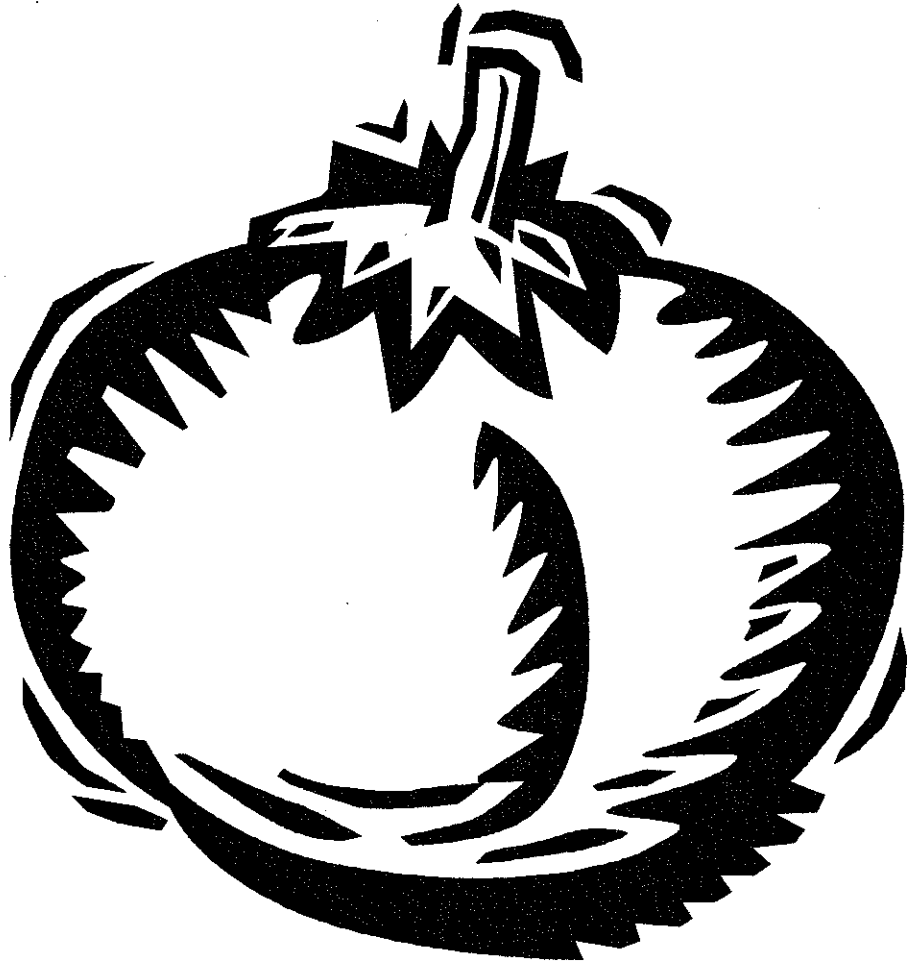
Potatoes
Yams

3. Are you surprised to learn how many different plant parts you like to eat? Which do you like best — flowers, fruits, leaves, roots, seeds, seed pods, stems or tubers? _____





Growing Tomatoes!



Tomato