

PLEASE TEAR OFF A SHEET

# T matoes

***Now through early fall, fresh tomatoes will be plentiful in supply. Tomatoes are delicious and nutritious. One medium tomato contains only 25 calories and is low in fat, very low in sodium, cholesterol free, high in Vitamins A and C and a good source of potassium and fiber. Tomatoes also contain a wide array of beneficial nutrients and antioxidants, including: lycopene, choline, folic acid, beta-carotene, and lutein.***

The tomato species originated in western South America. California and Florida produce about 65-75% of all fresh U.S. tomatoes. About one-third of all fresh tomatoes consumed in the U.S. are imported from other countries, most notably Mexico.

Botanically, tomatoes are fruit, even though they often are referred to as vegetables. The tomato's nutrient content is more similar to a vegetable than a fruit, as it contains significantly fewer calories and less sugar than other fruits. Heirloom tomatoes refer to how tomatoes are bred. Unlike hybrid tomatoes, which come from cross-bred tomato strains, heirloom tomatoes can be traced down a single genetic line. Basically, they're purebreds. Heirloom tomatoes are prized for their superior taste and texture. On a commercial basis, most tomatoes are grown for processing into food products including tomato sauce, tomato paste, tomato juice, and canned tomatoes. Whether raw in salads, sliced on sandwiches or simmered in sauces, tomatoes complement most cuisines and can be prepared with a variety of methods: roasting, grilling, stewing, drying or reducing (such as with soups, chutneys and jams). Tomatoes maintain their best quality at room temperature or between 55 degrees and 65 degrees Fahrenheit. Place them in a single layer to avoid bruising. To store ripe tomatoes for more than a few days, especially in a hot climate, place them in the warmest part of the refrigerator. Always remember to wash tomatoes well before eating!



# FILL UP YOUR MARKET BASKET

*There are around 7,500 tomato varieties and can be divided into categories based on shape and size. Here are some of the best picks of the vine!*

-  **Beefsteak Tomatoes** are 4" or more in diameter, often used for sandwiches. The most famous type, New Jersey beefsteak, is commonly used at delis because it holds its shape when pre-sliced. They have a meaty texture and intense, classic-tomato flavor. They are typically red or pink in color.
-  **Brandywine Tomatoes** are a variety of beefsteak tomatoes with large, pink fruit and massive flavor. They're one of the most beloved heirloom varieties. It is commonly found at farmers markets. They have a pinkish-red, meaty interior and sweet flavor.
-  **Plum Tomatoes**, plum Italian tomatoes or paste tomatoes are bred with a lower water/higher solids content for use in tomato sauce and paste, for canning and sauces and are usually oblong 3-4" long.
-  **Cherry Tomatoes** are small and round, often sweet tomatoes, about the same 0.4–0.8" size. Round and bite-sized cherry tomatoes are typically red however they are available in many colors including yellow, orange and black. Grape tomatoes are smaller than cherry tomatoes and oblong, a variation on plum tomatoes. They have thick skins and low water content. Eat them raw as a snack or roasted in a recipe.
-  **Campari Tomatoes**, also known as "tomatoes on the vine," are sweet and noted for their juiciness and low acidity. These hybrids have a deep red hue, low acidity, super sweet flavor, and a juicy texture.
-  **Pear Tomatoes** are an heirloom variety known for their small, pear-shaped fruit. They're sweet and typically yellow, but can also be red or orange. The plant produces all summer, making it a good option for home gardens.
-  **Yellow Tomatoes** can result from both heirloom and hybrid tomato varieties. Yellow tomatoes are less acidic than their red counterparts and have a different nutritional value: for example, yellow tomatoes are high in folate, but have less vitamin C than red ones.
-  **Green Tomatoes**, like the heirloom green zebra or Cherokee green, produce green fruit. However, green tomatoes can also describe unripened red tomatoes which are purposefully harvested early for breeding, frying, or pickling.



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