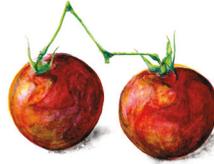


HARVEST *of the* MONTH

Seasonal snacks from garden to classroom

CHERRY TOMATOES

— October, 2015 —



Harvest of the Month is a great way for youth and their families to explore, taste and learn about seasonal vegetables and fruits - from the garden, in the classroom, on the plate.

FACTS & VARIETIES

Cherry Tomatoes - *Are they fruits or vegetables?* Because a tomato has seeds, it is technically considered a fruit. Given the way we eat tomatoes, however, they are commonly considered vegetables.

Cherry tomatoes are small rounded fruits that range in size from a thumbtip up to the size of a golf ball. They also vary in color from red, yellow, green, black and striped!

Cherry tomatoes are a member of the Solanaceae family and growers in our area grow many varieties including, Mr. Stripey, Oxheart, Aunt Ruby's Green and Bumblebee.

HEALTH & NUTRITION

Cherry tomatoes are a good source of:

Vitamin A
Vitamin C
Vitamin K
Potassium
Fiber

Cherry tomatoes contain high levels of vitamin A and flavonoid antioxidants, which combined, contribute to eye health and healthy skin and bones. Cherry tomatoes are also rich in lycopene, which is an antioxidant that is responsible for the red color of tomatoes and may decrease the risk of certain cancers and heart disease.

COOKING & EATING

Cherry tomatoes are delicious eaten fresh - popped off the vine, cut and sprinkled with salt & pepper, in a green salad or tossed with mozzarella cheese, oil and vinegar.

ROASTED CHERRY TOMATOES

1 pint cherry tomatoes
1 garlic clove peeled and thinly sliced
1 tablespoon olive oil
1 tablespoon balsamic vinegar
1/4 teaspoon salt & pepper
1/8 cup of fresh basil leaf sliced thinly

Combine all ingredients except basil and roast for 20 minutes in a 400 °F oven until tomatoes are just bursting. Toss the basil in and serve.

GROWING TIPS

Cherry tomatoes are a bountiful crop in the CSG gardens and at local farms. Tomatoes are typically started indoors, 6-8 weeks before planting in your garden. They like full sun, well drained soil and a trellis. The Harvest of the Month Program and Charlottesville Students are helping Local Food Hub purchase almost three times as many tomatoes this week as are typically purchased in one week. Thanks to HoM, more farmers are able to sell their product, earn a fair price for their food, and get their food into the hands of our next generation!

CITYSCHOOLYARDGARDEN.ORG

Harvest of the Month is a program that highlights a locally available crop each month by providing a fresh, healthy snack in all six Charlottesville Elementary Schools. Students also learn about the crop in their schoolyard garden and classroom. Information on crop growing, nutrition and preparation is shared with teachers and families. The goal of Harvest of the Month is to support healthy living skills that strengthen our youth and community.



City Schoolyard Garden is an independent non-profit organization that cultivates academic achievement, health, environmental stewardship and community engagement through garden-based, experiential learning.