



## Harvest of the Month

# Cherry Tomatoes

### Nutrition Information

- Excellent source of vitamin C.
- Good source of vitamin K.
- The antioxidant lycopene helps promote heart health and a healthy immune system.

### Selection and Storage

- Choose cherry tomatoes that are firm to the touch. Avoid those that are soft.
- Store at room temperature away from direct sunlight for up to 5 days.
- Can be stored in the refrigerator for up to 3 days to delay softening.

### Fun Facts

- They are a member of the nightshade family like peppers and potatoes.
- The plants leaves and stems contain toxic substances.
- Originated in Mexico.
- The pigment that makes cherry tomatoes red is called lycopene. Lycopene is an antioxidant.
- Cherry tomatoes can be found in an array of colors and shapes.
- They are available from July through November.



## Recipes

- [Blueberry Caprese Salad, Georgia State – Child Nutrition Recipe Box](#)
- [Mediterranean Quinoa Salad – Child Nutrition Recipe Box](#)
- [Pasta Salad – Child Nutrition Recipe Box](#)



## Educational Resources

- [WSDA Tomatoes Handout](#)
- [WSU Tomatoes Gardening](#)
- Food Hero has many nutrition education resources available to support your Harvest of the month. Check out their resources for Tomatoes that include: [Tomato Basics Information Sheet \(Spanish\)](#), [Tomatoes Coloring Sheet \(Spanish\)](#) and [Garden activity \(Spanish\)](#).
- [Tomato - Classroom Connections-Oregon Harvest for Schools](#)
- [Harvest of the Month Posters | Oklahoma Agriculture in the Classroom](#)
- [Tomatoes Lesson Plan - Healthy South Dakota](#)

**For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).**