

- FARM FRESH -

Tomatoes



FOOD for FUEL

TOMATOES PROVIDE UNIQUE **health benefits**. THEY ARE FULL OF ESSENTIAL VITAMINS AND FIBER, AND RICH IN ANTIOXIDANTS.

HERE ARE SOME OF THE BENEFITS OF EATING TOMATOES & TOMATO PRODUCTS:

Healthy SKIN

The beta-carotene and lycopene found in tomatoes makes skin less sensitive to sun damage.

Improved VISION

Vitamin A found in tomatoes can improve vision, help prevent night blindness and may help reduce the risk of macular degeneration.

Strong BONES

The vitamin K, calcium, and lycopene in tomatoes is good for strengthening and repairing bones as well as improving bone mass.

Tomatoes do not lose their health benefits when cooked. In fact, lycopene, a powerful antioxidant that helps prevent cancer, is more easily absorbed by the body when tomatoes have been processed.

“When kids think about food at the grocery store, there’s a big disconnect between how food gets from the field to the plate. There’s a lot of science that goes into growing these crops—and to do it safely.”



– **Christopher Coelho**
Tomato Farmer | Huron, CA

Did you know?

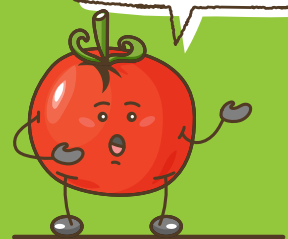


NASA’s *Tomatosphere* project launches tomato seeds into space, where they live for 40 days before returning to Earth to be cultivated by more than 20,000 classrooms across the United States and Canada.



During peak season, California tomato growers produce **2 BILLION** pounds of tomatoes per WEEK!

What did the papa tomato say to the baby tomato?



“Hurry & ketchup!”

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Scan the code with your smartphone to find out more about tomatoes.