

# TOMATO



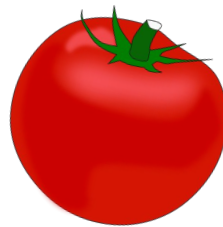
The tomato is a red fruit which is eaten raw or cooked. They are shiny and smooth and have many small seeds on the inside. Sometimes people mistake tomatoes for vegetables, but they aren't vegetables because they contain seeds and grow from a flowering plant. Scientifically they are classified as fruits. Tomatoes, peppers, potatoes, and eggplant all belong to the same botanical family, commonly known as the nightshades.



There are more than 10,000 varieties of tomatoes grown around the world. The tomato is green when it is unripe and slowly changes color from green to red as it ripens. Most varieties are red, but other colors are possible including green, yellow, orange, pink, black, brown, white, and purple.



There are 7 different types of tomatoes which come in many different varieties: cherry, grape, roma, beefsteak, heirloom, tomatoes on the vine, and green tomatoes. Cherry tomatoes are round, bite-sized, and juicy. Grape tomatoes are about half the size of cherry tomatoes and are an oblong shape. Roma tomatoes are larger than cherry tomatoes, but not a great size for slicing. They are also juicy and sweet. Beefsteak tomatoes are the perfect slicing tomato - they are large, sturdy, and juicy.



Did you know Heinz Ketchup has a speed limit? If the yummy sauce pours at more than 0.028 mph when it is in the factory, it is considered too runny and rejected!

Tomatoes are rich in lycopene, an antioxidant which is good for our heart. Tomatoes are also packed with calcium, potassium, vitamin A and vitamin C.

Scan the QR code to watch a video on tomato harvesting!




Gordon Graham of Edmond, Oklahoma held the Guinness World Record for **heaviest tomato** for 28 years, from 1986 until 2014. The tomato weighed 7 lb 12 oz.



# GROWING TOMATOES




- Using the QR code, read about the Rutgers tomato. In what year was the Rutgers tomato developed and by who?  
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\_\_\_\_\_  
\_\_\_\_\_
- Why would you start the seeds indoors rather than outdoors?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- How many days before they are ready to harvest?  
\_\_\_\_\_
- According to the Last Frost Date map, which color area are you in? What month should our last frost occur in?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## EVERWILDE FARMS

### RUTGERS TOMATO




**EARLY SPRING**

**SOW:** START TOMATOES INDOORS 6-8 WEEKS BEFORE THE LAST FROST OF SPRING, SOWING THE SEEDS IN A FLAT 1/4" DEEP AND 1" APART. KEEP THE TEMPERATURE AT 70-75°F AND PLACE IN A SUNNY WINDOW, OR UNDER GROW LIGHTS. KEEP THE SOIL MOIST, BUT MAKE SURE DRAINAGE IS ADEQUATE. WHEN THE SECOND SET OF LEAVES EMERGES, TRANSPLANT THE SEEDLINGS INTO INDIVIDUAL POTS; BURY THE STEMS UP TO THE LOWEST SET OF LEAVES TO GROW STRONGLY ROOTED PLANTS. A WEEK BEFORE PLANTING THE SEEDLINGS OUTSIDE, HARDEN THEM OUTSIDE FOR A FEW HOURS EACH DAY. WHEN ALL FROST DANGER IS PAST, PLANT THE SEEDLINGS IN FULL SUN AND VERY RICH SOIL. ONCE MORE, BURY THE ENTIRE STEM UP TO THE LOWEST SET OF LEAVES.

**GROW:** SINCE TEMPERATURES BELOW 55°F CAN DAMAGE PRODUCTION, PROTECT THE PLANTS IF TEMPERATURES DROP. A THICK LAYER OF MULCH HELPS CONSERVE MOISTURE AND CONTROL WEEDS; WATER THE PLANTS ONCE A WEEK, BUT AVOID GETTING THE LEAVES WET. DETERMINATE, OR BUSH TYPE TOMATOES, DO NOT REQUIRE STAKING.

### LAST FROST DATE




● JAN ● FEB ● MAR ● APR ● MAY ● JUN

**EVERWILDE FARMS PO Box 40 SAND CREEK WI 54765**  
**WILDFLOWER LN FALLBROOK CA 92028**


ITEMSKU-01	PURE: ---%
TEST: ---%	INERT: ---%
GERM: ---%	CROP: ---%
HARD: ---%	WEED: ---%
LIVE: ---%	SUM: 100.00%
NOTES: ---	
ORIGIN: USA	

ORDER: 123-456789-012345  
 SKILL: VTOPRUT SIZE: ~100 SEEDS  
 PACKED: ---/--- USE BY: ---/---



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**"TO EVERY THING THERE IS A SEASON, AND A TIME TO EVERY PURPOSE UNDER THE HEAVEN." ECC 3:1**




## The Squashed Tomato Challenge

# S.T.E.M.

Design, build, and test a way to move tomatoes where they don't get squashed! Follow the QR code for more information.



## Caprese Salad Skewers



Cherry tomatoes  
 Mozzarella balls  
 Fresh basil  
 Olive oil  
 1 cup balsamic vinegar  
 Salt and pepper

- Assemble tomatoes, basil, and mozzarella balls on medium-sized toothpicks. Drizzle with olive oil and sprinkle with salt and pepper.
- To make balsamic glaze, add one cup of balsamic vinegar to a saucepan over medium heat. Once it comes to a boil, set on simmer for about 10-15 minutes until it reduces to a syrup consistency. As it cools, it will thicken. Drizzle on caprese salad skewers. Enjoy!