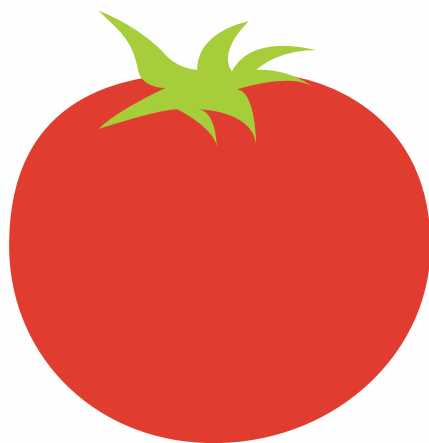


# Harvest of the Month



## August: Tomatoes



# Tomato Fun Facts

## Learning about Tomatoes



**Tomatoes aren't always red!  
They can be green, yellow,  
purple, and even come in  
striped colors!**



**You can also drink  
tomatoes. Tomato juice is  
the state beverage in Ohio!**



**Tomatoes are in the  
nightshade family or the  
Solanaceae family. They are  
related to potatoes,  
eggplants, and peppers.**



**Tomatoes are thought to  
have originated in Peru.  
They were first brought to  
Europe in the 16th century.  
Many people thought that  
tomatoes were poisonous at  
first because of its bright  
red fruit. Since then,  
tomatoes have taken the  
world by storm and are  
common across the globe.**



# Ways to Enjoy Tomatoes

There are plenty of ways to enjoy tomatoes! Here are some ideas



Tomato Soup



Salsa



Caprese Salad



Tomato Sandwich



Tomato sauce on pasta



Fried Green Tomatoes

## Ingredients

- 3 ripe tomatoes cut into thick slices
- 1 pound fresh mozzarella, cut into thick slices
- 1 bunch fresh basil
- Extra-virgin olive oil, for drizzling
- Coarse salt and pepper
- Balsamic glaze (optional)



## Directions

Caprese salad is an easy and delicious way to enjoy fresh summer tomatoes. Just slice up fresh mozzarella and tomatoes and layer them in an alternating pattern with fresh basil in between. Top with a generous drizzle of olive oil, salt, and black pepper to taste. You can even add some balsamic glaze for some acidity!