




Harvest of the Month

Tomato Fun Facts


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.



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!