



TOMATOES!

This month, we are learning all about tomatoes. Tomatoes are botanically classified as a fruit, but are actually a berry! Tomato is a berry of the nightshade family, which includes eggplant, potatoes, and peppers. The average American eats more than 22 pounds of tomatoes each year, mostly in the form of ketchup or tomato sauce. Tomatoes can be eaten uncooked, baked, grilled, boiled, and made into fresh tomato sauce. To preserve tomatoes you can freeze, dry, or can them!

CLASS RECIPE - TRY IT AT HOME!

★ PRODUCE TIPS

- Store bought, ripe tomatoes will keep for about 2-3 days at room temperature.
- Keep out of direct sunlight and store stem side up.
- Do not refrigerate unless you purchased the tomatoes unripe and want to prolong the ripening process.



KIDS CAN COOK: TOMATOES

Kids can help prepare tomatoes by:

- Washing the tomatoes
- Measuring out ingredients
- Squishing tomatoes that have been chopped (after washing hands!)
- Mixing the fresh tomato sauce with the cooked pasta.

FRESH TOMATO SAUCE

1 clove Garlic (minced or pressed through a garlic press)
1 tablespoon Olive Oil
6 large Tomatoes (diced or roughly chopped)
1½ teaspoons Oregano (optional)
1 teaspoon Basil (optional)
½ teaspoon Salt
1 teaspoon Pepper
1 pound pasta of your choice
Grated Cheese (optional)

DIRECTIONS

1. Wash/rinse whole tomatoes
2. Mince garlic or press garlic through a garlic press.
3. In a medium bowl chop or squish ripe tomatoes.
4. Add olive oil, garlic, salt and pepper to tomatoes. Cover with towel and let sit for 30 – 60 minutes.
5. Cook pasta of your choice.
6. Pour fresh sauce over pasta. Add basil and oregano (optional). Serve and Enjoy!