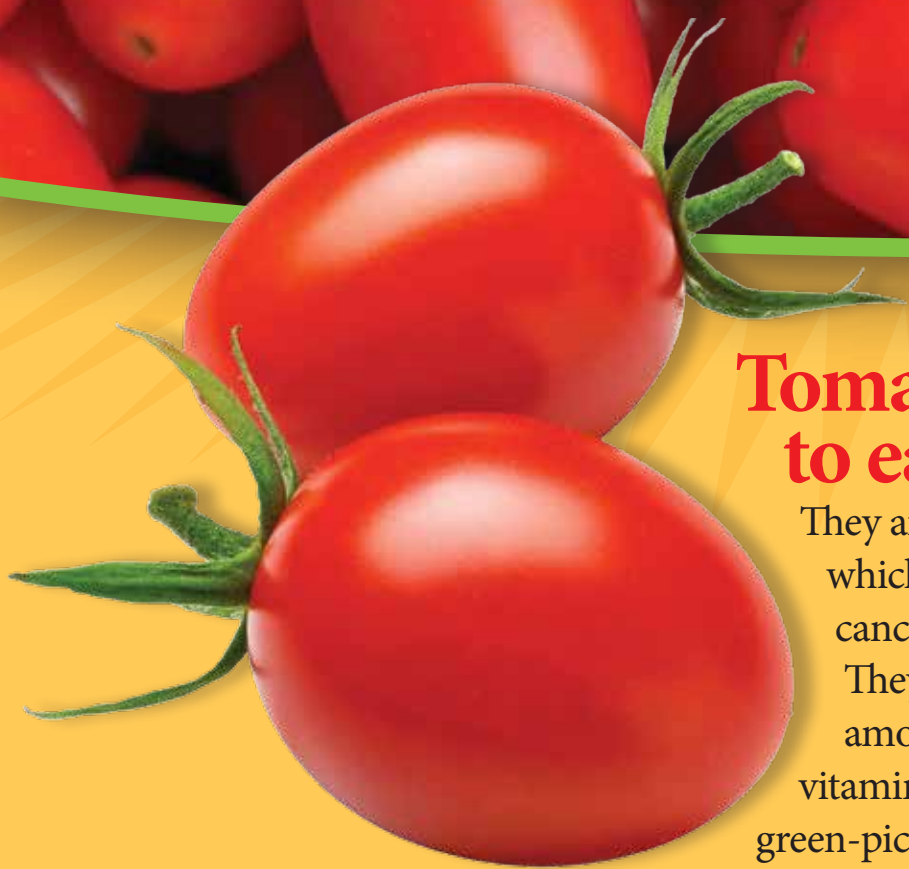


Mississippi Farm to School

Mississippi Grown. Mississippi Good.



Tomatoes are an excellent way to eat healthy!

They are an outstanding source of lycopene, a flavonoid antioxidant, which has been shown to lower the risk of cardiovascular disease and cancers. Tomatoes are more than 90% water and are very low in sodium. They have 0 grams of cholesterol and contain an extremely small amount of fat. Vine-ripened tomatoes contain nearly twice the vitamin C and beta-carotene as their green-picked counterparts.

Fun Facts

- Botanically speaking, a tomato is a fruit. The government classified it as a vegetable in the late 1800's so it could be taxed under custom regulations.
- Eating cooked tomatoes may act as an internal sunscreen by helping block UV rays.
- According to the USDA, Americans eat 22-24 pounds of tomatoes per person, per year. About half of that comes in the form of ketchup and tomato sauce.



Tomatoes are grown in Mississippi on family farms like that of Allen & Janice Eubanks from Lucedale, MS.

Tomatoes can be boiled, fried, juiced, pureed, and eaten raw.