

Tomato



Selecting

The tomato is a fruit, though it is commonly referred to as a vegetable.

Tomatoes are available in a wide variety of colours, shapes and sizes. The type most typically purchased is the round Globe tomato. Plum tomatoes are egg shaped and are red or yellow. Baby plum tomatoes are grape-sized. Cherry tomatoes are small, round and the size of cherries. Heirloom tomatoes, in red, yellow, green and purple shades are now becoming more prevalent in the market.

Select a tomato that is firm, heavy for its size, richly coloured and not bruised or cracked.

Storing a tomato

Ripe tomatoes should be stored at room temperature and used within a few days. Cold temperatures will kill the flavour and alter the texture of the tomato. Do not store tomatoes in the fridge.

If you have an abundance of tomatoes, you can freeze them. To freeze tomatoes, just wash, dry thoroughly and pack in a freezer bag. A frozen tomato peels easily if placed under hot running water and the skin is removed with a sharp knife. Tomatoes that have been frozen can only be used for cooking.

Preparing

Wash a tomato and then slice or quarter for use in a salad. If you want to peel the tomato, just make an 'X' in the base of the tomato and drop into boiling water for 30-60 seconds. Remove from the boiling water and submerge in cold water and drain. When the tomato is cool, the skin should peel off easily.

Eating

In-season, locally grown tomatoes are particularly delicious in salads. But tomatoes are available from several sources all year round and can be prepared in many interesting ways, including baked, broiled, grilled, sautéed or stewed.

Seasonality

Field tomatoes are in-season from July to October and Greenhouse tomatoes are available from March to November.

Nutrition

One medium tomato contains 22 calories. It is a source of Vitamin C, Vitamin A and folate. It is high in the antioxidant Lycopene.



Here is a great way to fill 'half your plate' with veggies.

Grilled Broccoli and Tomato Skewers

www.halfyourplate.ca/recipe/grilled-broccoli-and-tomato-skewers/

