

JERSEY TASTES! ACTIVITY SHEETS

Terrific Tomatoes



ACTIVITIES:



Pre-K:

- pint size PRODUCE - Tomatoes!

K-4:

- Harvest Lessons - Tomatoes
- Book Read: I Will Not Ever Never Eat a Tomato

Middle School:

- Increasing Food Production with Precision Agriculture 

High School:

- Tomato Temperature Lab
- Article - "The political adventures of New Jersey's 'highly partisan' tomato"

FUN FACTS:

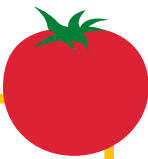
- The tomato is the official state **vegetable** of New Jersey. In Arkansas the tomato is the official state **fruit** and state **vegetable**.

ALL ABOUT NEW JERSEY!



New Jersey is famous for its tomatoes because of their flavor, tenderness, and juiciness. Tomatoes are in season in New Jersey during the summer months, from June through September. The New Jersey Pine Barrens has ideal growing conditions for growing tomatoes with its sandy and acidic soil. Tomatoes are delicate plants that do not like the cold. Be sure to plant yours after any danger of frost which in NJ or Zone 7 is using around Mother's Day or May 15.

HOW DOES IT GROW:



How is it Grown: Tomato Video

NUTRITION FACT:

Tomatoes are rich in lycopene, an antioxidant that is good for the heart.



RECIPES:



Breakfast:

- Shakshuka - Eggs Poached in Tomato Sauce
 - Jersey Tastes! Cooking Series: Shakshuka

Lunch/Dinner:

- Fruity Tomato Salad
 - Jersey Tastes! Cooking Series: Fruity Tomato Salad
- Jersey Fresh Zucchini & Tomato Panzanella Salad
 - Jersey Fresh Cooking Series: Zucchini Panzanella with Chef Amanda Freitag