

# JERSEY TASTES! ACTIVITY SHEETS

## Terrific Tomatoes



### CLASSROOM:



#### NJ Climate Change Standards & Connections to Agricultural Literacy

##### Pre-K:

- pint size PRODUCE - Tomatoes!

##### K-4:

- Harvest Lessons - Tomatoes
- Books: I Will Not Ever Never Eat a Tomato; Zombies Don't Eat Veggies! (Celebrity reading)\*

##### 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:

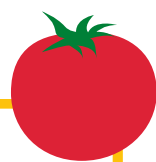
- The tomato is the official state **vegetable** of New Jersey. In Arkansas the tomato is the official state **fruit** and state **vegetable**.



## 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.



### CAFETERIA:



#### Lunch/Dinner:

- Jersey Tastes! Cool Climate Food: Ratatouille
- Jersey Tastes! Cool Climate Food: Shakshuka - Eggs Poached in Tomato Sauce
  - Jersey Tastes! Cooking Series: Shakshuka
- Fruity Tomato Salad
  - Jersey Tastes! Cooking Series: Fruity Tomato Salad
- Jersey Tastes! Classroom Tasting: Mo's Garden Gazpacho - Perfect for the FFVP program

