

# Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



## Tomato Activity Sheet



## 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.

## CLASSROOM:



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

#### Pre-K:

- Pint Size PRODUCE - Tomatoes!

#### K-4:

- Books:
  - I Will Not Ever Never Eat a Tomato
  - Zombies Don't Eat Veggies!

#### Middle School:

- Increasing Food Production with Precision Agriculture

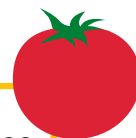
#### High School:

- 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**.

## 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:



### • Ratatouille

- Jersey Taste! Cooking Series

### • Fruity Tomato Salad

- Jersey Tastes! Cooking Series



### • Mo's Garden Gazpacho Jersey Tastes!

Classroom Tasting and Activity

### • Shakshuka

- Jersey Tastes! Cooking Series



### • Tomato & Corn Salad



Indicates plant-based, center of the plate meal



MADE IN COLLABORATION WITH:



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