

From the Farm to Your Table

Tomatoes: Fruit? Vegetable? Good for You!



Tomatoes are fruits botanically, but they don't have the dessert-quality sweetness of other fruits; thus they are served as vegetables. Regardless, tomatoes pack a powerful lycopene punch that enhances health.

A Recipe: Quick and Easy

Heirloom Tomatoes with Feta Cheese

Ingredients

- 4 large ripe heirloom tomatoes, thick sliced and cut into wedges
- 6-7 green tomatoes (green zebra) cut into wedges
- Olive oil
- Salt and pepper
- Feta cheese

Preparation

- Arrange tomatoes on a large platter.
- Drizzle with olive oil and salt and pepper to taste.
- Crumble Feta cheese over the top. Serve immediately.

Tomatoes are the most concentrated food source of lycopene. Other significant sources are apricots, guava, watermelon, papaya, red oranges, pink grapefruit.

The United States is one of the world's leading producers of tomatoes, second only to China, according to the USDA Economic Research Service.

Americans consume three-fourths of their tomatoes in processed form, as indicated by

the rising popularity of pizza, pasta, and salsa.

