

# HARVEST OF THE MONTH

# Tomatoes

In Alabama, the hot, humid summers are a perfect fit for growing tomatoes. First, choose which variety you'd like to grow. Second, choose a spot with a lot of sunlight for the tomato plant. Third, dig a hole about two feet deep and put the tomato plant in the hole along with fresh soil, fertilizer and water, and pack the soil tightly to keep air bubbles away from the roots. Now that it's planted, water it daily and wait to taste a sweet, juicy tomato.

Nutrition Facts			
Serving Size 1 cup 180g (180 g)			
Servings per container 1			
Amount Per Serving			
Calories 41		Calories from Fat 3	
% Daily Value*			
Total Fat 0g		1%	
Saturated Fat 0g		0%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 23mg		1%	
Total Carbohydrate 9g		3%	
Dietary Fiber 2g		8%	
Sugars 7g			
Protein 2g			
Vitamin A		23% • Vitamin C	70%
Calcium		2% • Iron	5%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
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## Did you know?

Since a tomato is the part of the plant that protects the seeds, it is considered a fruit, not a vegetable!

