

# Can You Dig It!? Tomato Week



485 Molton St., Montgomery, AL

[www.eatsouth.org](http://www.eatsouth.org)

@eatsouth

334-422-9331

[facebook.com/eatsouth](https://facebook.com/eatsouth)

## Tomatoes are Delicious and Nutritious

If you love pizza, you love tomatoes. If you love spaghetti with red sauce, you love tomatoes. If you love ketchup, you love tomatoes.

Included in this packet are instructions on just how to enjoy your fresh summer harvest of tomatoes and basil. The tomatoes are called Glacier for their unique ability to withstand cooler temperatures as compared with other tomato varieties. There are over 10,000 different cultivars of tomatoes. Can you dig it!?



EAT South is an urban teaching farm that engages our local community by gathering around, learning about and growing food. We empower people to change the way food travels from the ground to our plates.

# Tomato, Basil & Crackers

Read all instructions before beginning



- Using a sharp serrated edge knife... carefully carve out the stem end of tomatoes
- ... slice tomatoes horizontally into 1/4 inch slices
- stack basil leaves one on top of the other and tightly roll them into one roll.
- starting by cutting off stem, Using a sharp straight edge knife, slice the basil into ribbons

## Dressing Instructions

- Measure 3 tablespoons extra virgin olive oil into bowl
- Measure 1 tablespoon balsamic vinegar into bowl
- Chop and add chives into bowl
- Add 1/4 teaspoon salt into bowl
- Add 1/4 teaspoon black pepper into bowl
- Whisk your dressing (being careful not to splash) until combined

## Assembly

- Lay out as many crackers as tomato slices
- Stack the tomato slices on top of the crackers
- Add 3-5 basil ribbons on top of the tomato slices
- Re-whisk dressing if needed and Use a spoon to add dressing onto each tomato (option to add dressing to your cracker first then again on top of tomato/basil)

ame: \_\_\_\_\_



## Vitamins and Minerals

B T U X W E Q K F O X P L T E N I M A I H T U U  
 A P J P V L G R V R S J V G A J E Q B Z W W X O  
 V X Y T I N Z B V I F V N V S N G C U Q G W L S  
 L P E W T S Z U F O L I C A C I D P D C H G L U  
 T P W N A N I C A I N I C R O O V V N Z Z T B R  
 O O X Q M D R Q T T Q V K I R A V G B R T H Z T  
 V T H R I Z H K R B V T B N B M F N C C Y P P I  
 C A Y A N U Y L I F I P K B I Y T L T H L B V C  
 I S L J A V D C B I P S X U C V O Z M L B K E P  
 N S Z O P S N Y O F A M N E A C L X X D I Y B I  
 Z I B J B M I H F Y P C Z L C G Y V E D I K V N  
 X U X O J J M X L Z E K E E I M U I C L A C U M  
 C M A C W Z A E A S J U N U D G H Q P B J F G E  
 P H L O P A T O V U G O I G B V P S E M F O H S  
 A T E O P V I R I Q M R M J G N L L B B S E V C  
 Q H S F R T V C N A N C A N B Y Y O R U Y L F T  
 J P O F L I G W G V I L T Y G R D N R L G C I A  
 D L Z L R F Q N P T I I I D W V P O Q D S L C O  
 E W U O B L E N O E M T V D A B P P G G O N E N  
 B C N R Q S E P N Q O V A P D S G L X Q M Y V U  
 X X J B I Z R A Z P F B F M O Y W I S X C O A D  
 G X N U C B U Z F W J Z W H I P F T H I F Z P Z  
 B G M W F S R V K P V C P T E N N D H I D X S Y  
 F A J O A V R U U F S E K K K G B C G O G Q H Z

vitamin b	vitamin e	vitamin d	vitamin a
iron	magnesium	phosphorus	calcium
potassium	folic acid	niacin	riboflavin
thiamine	ascorbic acid		

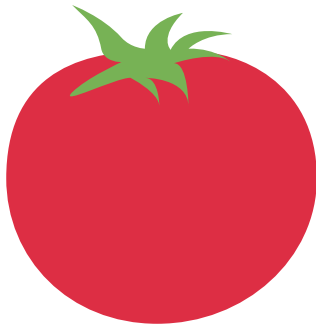
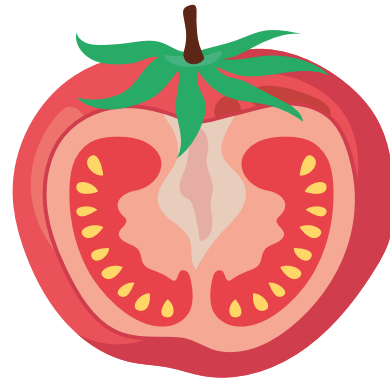
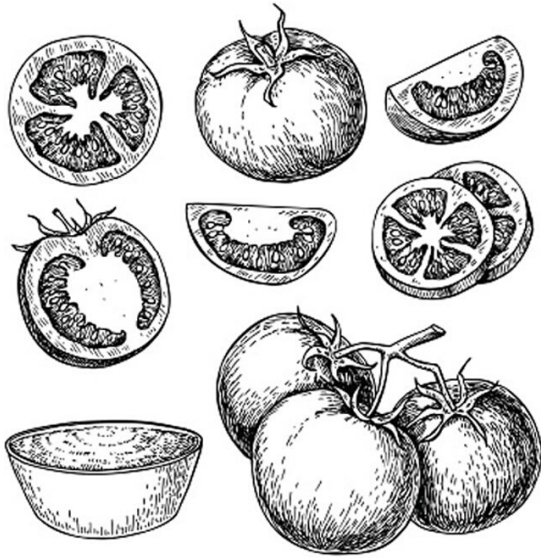
### Did you know?

Tomatoes contain high levels of Vitamins A, C, K and B-6. These are all essential vitamins for bodily functions such as skin health, eyesight and heart health. The high levels of potassium, fiber and antioxidants in tomatoes make them a great heart healthy food. It's important to combine tomatoes with good fats such as extra virgin olive oil to help your body absorb all the benefits of the tomato.

# Nature Journal

Have you ever made a sketch of your snack. Give it a try by sketching a slice of a tomato. You may want to shade and color it as well!

- think about basic shapes... there are triangles inside of a circle
- you might use a can or container top to trace to make your circle
- take a picture of your drawing and post it on social media and tag @eatsouth

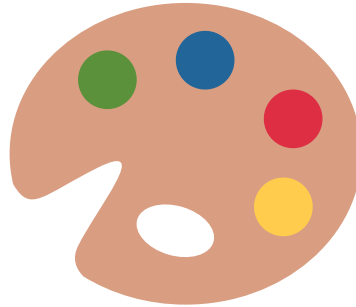
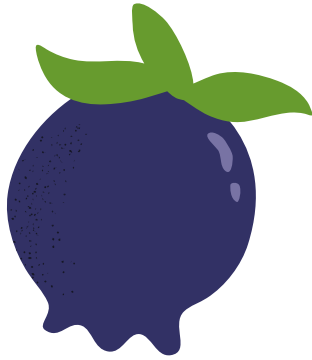


## Journaling tips

- Today, write down some nature sounds that you heard. Do you have a guess as to what the sound might be? Wind? Birds? Insects? Thunder? How do these sounds make you feel?
- Today, write about or draw a picture of something in nature that surprised you. Give as many details as possible. Where? When? What colors?
- Turn over a log or rock in your yard or neighborhood and write down everything you see underneath.



- The tomato probably originated in Peru, in South America, however it rapidly spread as a versatile food, throughout Central American nations including Mexico
- The southeastern state of Arkansas claims the tomato as its state fruit and vegetable!



## Up Next:

Here are the themes for the rest of the month. Stay tuned to Facebook for more information. If you want to receive emails about kids' activities, contact Farmer Amanda, [goodfoodday@eatsouth.org](mailto:goodfoodday@eatsouth.org).

**June 29 Eating the Rainbow** - This week, we're talking about blueberries, eat blueberries, share recipes for blueberries.

More to come in July including a call for all of our kid artists to help us decorate the farm. Stay tuned.

**MORE INFO:**  
**Facebook LIVE @eatsouth**  
**Tues-Thurs 9AM**  
**[www.eatsouth.org/blog](http://www.eatsouth.org/blog)**