

Tomato Information Sheet

Today's Farm to School Snack features local tomatoes!

While tomatoes originated in South America, the tomatoes you will be trying today were grown locally at:

in

How Does It Grow?

Tomatoes are actually a fruit because they contain seeds and grow from flowers! There are many varieties of tomatoes, each with different sizes, flavors, and colors. Cherry tomatoes are small and round, while grape tomatoes are more oval. Tomato seeds are planted in greenhouses in early spring and moved to fields when the weather warms, usually by late May or early June. In Nova Scotia, many tomatoes are grown in greenhouses year-round. Tomatoes can be eaten fresh or cooked in soups, sauces, and casseroles!



Fun Facts

- There are over 10,000 varieties of tomatoes worldwide. Tomatoes can be red, yellow, orange, green, purple, pink, white or brown.
- Tomato seedlings have been grown in space!
- The largest tomato ever grown weighed over 11 pounds—about the same size as a small cat!

Around the World

While tomatoes originated in regions of Peru and Ecuador, it was the Aztecs in Mexico who first started using them in cooking. In the 1500s, Spanish explorers brought tomatoes to Europe, and they quickly spread around the world! In the Middle East, shakshuka is a flavorful meal where eggs are cooked in a spiced tomato and pepper sauce. Spain celebrates "La Tomatina," a festival where thousands of people throw overripe tomatoes at each other!

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include tomatoes.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this juicy snack!

Find more resources at www.nourishns.ca