



PEAS AND CARROTS

Indiana FSSA's Division of Aging

July 2020

Farmers' Market Find

Tomatoes



Question: Fruit or Vegetable?

Reasoning: Scientist consider tomatoes as fruits because they have seeds and grow from the tomato plant flower. Nutritionists and cooks consider tomatoes as vegetables because they are often used in savory dishes and come from the edible part of the tomato plant. They were

declared a vegetable in 1893 by the U.S. Supreme court.

Answer: Tomatoes are considered both a fruit and a vegetable depending on who you ask.

In Season: May to October

Selection: Choose firm flesh with bright shiny skins

Storage: For better taste, store at room temperature away from direct sunlight.

Preparation Methods: fresh, grill, braise, roast

Nutrition Benefits: 1 Medium tomato is low in calories (22 kcal), fat (0.2g), sodium (6mg), and cholesterol free, high in Vitamin A(51.7µg), Vitamin C (16.9 mg), and a good source of Potassium (292 mg)

Varieties: Brandywine, German Queen, Cherokee Purple, Yellow Pear, Gold Currant, Roma, Rocket, Siberian

Resources: <https://fruitsandveggies.org/fruits-and-veggies/tomato/>

<https://fdc.nal.usda.gov/fdc-app.html#/food-details/787683/nutrients>

<https://www.eufic.org/en/healthy-living/article/is-a-tomato-a-fruit-or-a-vegetable-and-why>

<https://www.wonderopolis.org/wonder/are-tomatoes-fruits-or-vegetables>

<https://www.gardenguides.com/96296-tomato-plants-plant-indiana.html>

Image Source: Pixabay.com

“A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.”

-Tom Stoppard

In This Issue

- ◆ Farmers' Market Find—Tomatoes
- ◆ New Nutrition Label
- ◆ Word Search
- ◆ Safety in the Sun
- ◆ Roasted Tomatoes w/ herbs Recipe

Word Search Bank

ATTITUDE

BRAISE

CARRIER

CHOLESTEROL

CONSUMERS

DAILY VALUE

EDIBLE

INFORMED

POTASSIUM

ROAST

SAVORY

SCIENTIFIC

SUNLIGHT

SUNSCREEN

TOMATOES

WORD SEARCH

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



Safety in the Sun

With temperatures warming up and days getting longer leading to more exposure to being outside, the risk of damage to your skin from UV rays from the sun increases. The Centers for Disease Control and Prevention (CDC) states that damage can occur in as little as 15 minutes.

The CDC offers the follow advice to minimize risk:

- ◆ Apply a broad spectrum sunscreen with a SPF of 15 or higher, reapplying after swimming or sweating or being exposed to the sun for more than 2 hours.
- ◆ Protect your eyes by wearing sunglasses with UVA and UVB blocking.
- ◆ Shade your face, ears, and back of neck by wearing a hat with a brim, avoiding straw hats with holes (which allows sunlight to pass through).
- ◆ Darker colored long sleeve shirts, pants, and skirts offer better protection.
- ◆ Seek shade under umbrellas, trees, or a shelter before you need relief from the sun.

Source: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm
Image Source: Pixabay.com

Roasted Tomatoes with Herbs

Ingredients

cooking oil spray, as needed (non-stick)
6 tomatoes (washed)
2 tablespoons olive oil (or canola oil)
1/2 teaspoon pepper
1 tablespoon dried parsley
1 tablespoon garlic (minced)
2 tablespoons Parmesan cheese

Directions

1. Preheat oven to 425 degrees.
2. Spray a large baking sheet with cooking oil spray.
3. Cut each tomato in half. Place tomatoes on the sheet, cut side up.
4. Drizzle tomatoes with ½ of the oil and season with pepper.
5. Cook for 30 minutes, or until tomatoes are beginning to brown on the bottom.
6. Mix the remaining oil, parsley, garlic, and cheese in a small bowl.
7. Remove tomatoes from the oven and sprinkle the herb mixture over the tomatoes.
8. Return to oven for another 10 minutes, or until spices begin to brown.

Source: Maryland Food Supplement Nutrition Education program,

Contact Us

Contact the Division of
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Monday through Friday
8 a.m. to 4:30 p.m. EST

or visit us online:
www.in.gov/fssa/2329.htm

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