



TOMATOES

Eat More Arizona Grown Tomatoes

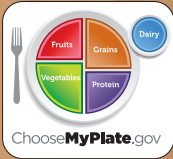
Nutrients Found in Tomatoes

- Vitamin A** Helps your eyes and skin stay healthy
- Fiber** Helps keep your heart healthy and improves digestion
- Potassium** Helps you maintain a healthy blood pressure



HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Tomatoes are typically grown in hoop houses or greenhouses so they can be grown all yearlong. Most recently, Arizona produced 13,500 pounds of organic tomatoes, and that only includes tomatoes grown outside!



Choose tomatoes that look firm, deep in color and free from wrinkles or other signs of age. Trust your sense of smell with fresh produce like tomatoes. Tomatoes that have a slightly sweet, rich and earthy scent are best.



Arizona grown vegetables and fruits taste best and cost less when purchased in season.