

HARVEST OF THE MONTH

TOMATO

Good from
my head to my
to-ma-toes!



WHY SHOULD I EAT FRESH TOMATOES?

Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer. They are also a great source of vitamin C, potassium, folate, and vitamin K.

MAKE IT!

FRESH SALSA

- | | |
|------------------------------|----------------------------|
| 1 green pepper | 1 jalapeno pepper or other |
| 2 pounds ripe local tomatoes | hot pepper (optional) |
| 1 medium onion | 1 clove garlic (optional) |
| 1 bunch cilantro | salt and pepper to taste |

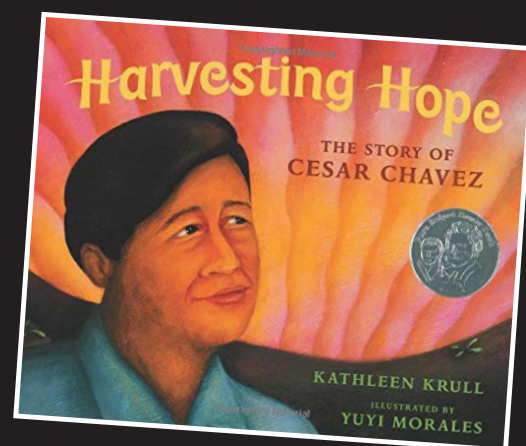
- Remove seeds from green and jalapeno peppers.
- Chop the green pepper, jalapeno, and onion
- and place in a large bowl.
- Dice the tomatoes, removing the stem and hard center and add to green pepper mixture.
- Finely chop cilantro and garlic.
- Mix all ingredients in your large bowl.
- Add salt and pepper to taste.



<https://growing-minds.org/fresh-salsa/>

READ IT!

**Harvesting Hope:
The Story of Cesar Chavez**
by Kathleen Krull



Read the story about Cesar Chavez - one of America's greatest civil rights leaders. His peaceful protest march through California ignited a cause and improved the lives of thousands of migrant farmworkers.

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