

OREGON TOMATOES GROWN FOR SCHOOLS

Oregon tomatoes are usually harvested between the months of July and September.

Tomatoes are one of the most popular produce items eaten in the United States.



NUTRIENTS FOUND IN TOMATOES

- ~ Lycopene, the pigment that makes tomatoes red, is an antioxidant that promotes heart health and keeps the immune system healthy.
- ~ Tomatoes are an excellent source of vitamin C.
- ~ Tomatoes are a good source of vitamin K.

Tomatoes are grown commercially all over Oregon but most are grown in Benton, Linn, Lane, Douglas, Jackson, and Josephine counties.



On Oregon farms, one acre produces approximately 46,000 pounds or 23 tons of tomatoes.



Tomatoes can be green, yellow, orange, pink, red, brown, white, and purple.



Botanically, tomatoes are considered a fruit, but they are prepared and served as a vegetable.