



TOMATOES

SUMMER

FALL



ARKANSAS
Farm to School

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

Tomatoes are usually grown from transplants. Spacing of transplants depends on the variety of tomato. Space dwarf plants 12 inches (in.), staked plants 18 to 24 in., and caged plants 24 to 36 in. apart. Distance rows 48 to 72 in. apart. Harvest tomatoes when fully ripened and firm. You may harvest mature, green tomatoes and ripen indoors.



PREP

Rinse tomatoes with cool water. Remove the stem and core by placing the tomato with the stem facing up, cutting a circle 1/2 to 1 in. deep around the stem, and pull it out. Slice or dice the tomato into desired sized pieces. Alternatively, leave the core intact if you are cutting the tomato into wedges!



EAT

Tomatoes can be eaten in many ways! Enjoy a tomato-based sauce on pizza or pasta. Pair your favorite grilled cheese sandwich with tomato soup. Dip a tortilla chip in salsa made with fresh, ripe tomatoes. Bite into a BLT, hamburger, or deli sandwich with a slice of tomato as a topping!



LEARN

Tomatoes originated in the Peru-Ecuador area. Tomatoes are **vegetables** and range in color from red and yellow to purple or nearly black! They are rich in vitamins and minerals that are important to many bodily functions. Tomatoes are the most popular home-grown vegetable in Arkansas gardens.

