

# KEWEENAW GROWN FOOD

# TOMATO



**PEAK SEASON**  
Late summer.

## HOW TO SELECT & STORE

Choose tomatoes with shiny and vibrant red skin. Avoid wrinkled or mushy-feeling tomatoes.

Store at room temperature away from direct sunlight. Tomatoes taste best if not refrigerated; refrigerate only if you can't use them before they spoil.

## HEALTH BENEFITS

Tomatoes are a good source of vitamin C, potassium, vitamin K and folate. Tomatoes are also a rich source of lycopene, a particular type of phytonutrient. Lycopene is best absorbed from concentrated tomato products, such as tomato paste or tomato juice. Lycopene has been associated with decreased risk of prostate cancer. Lycopene may also support immune system function, however studies have been conflicting. Several vitamins, minerals and antioxidants found in tomatoes have also been linked to skin and cardiovascular health.

## WAYS TO USE

**Savory** - Roast in pan with olive oil, salt and pepper to enhance the natural sweetness. Add sliced tomatoes (or whole cherry/grape tomatoes) with other summer veggies, toss in olive oil, cover in aluminum foil and cook over the grill for a delicious fiber-packed side dish. Make bruschetta with diced tomatoes, olive oil, basil, chopped garlic and balsamic vinegar. Use bruschetta to top scrambled eggs, avocado toast, rice or pasta dishes, or as a topping for meat.



**PHFoundation**

# KEWEENAW GROWN FOOD



Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You can download PDFs of all items at [phfgive.org/food](http://phfgive.org/food).



**PHFoundation**  
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties. PHF's Food Initiative is two-fold. First, the food initiative aims to improve

access to locally grown and healthful foods within our community. Second, it provides educational resources and tools to promote sustainable changes to eating and lifestyle habits for all.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

**VISIT [PHFGIVE.ORG/FOOD](http://PHFGIVE.ORG/FOOD)**