



### NUTRIENTS FOUND IN TOMATOES:

~VITAMIN A

~VITAMIN C

~VITAMIN K

~LYCOPENE

is an antioxidant that promotes heart health and keeps the immune system healthy. It is the pigment that makes tomatoes red.

~POTASSIUM

## YOUR OREGON KITCHEN

### Quick and easy!

■ Toss chopped red and yellow tomatoes with your family's favorite low-fat dressing for a quick and tasty salad. ■ Add tomato slices to sandwiches. ■ Cherry tomatoes are an easy snack that kids love.

### Grilled Chicken Vegetable Kabobs

#### INGREDIENTS

2 teaspoons olive oil

3 tablespoons fresh lemon juice

Ground black pepper to taste

1 pound boneless chicken breast without skin, cut into 2-inch cubes

4 wooden skewers

8 cherry tomatoes

12 whole bay leaves

1 medium onion, cut into 1-inch cubes

1 green pepper, cut into 1-inch cubes

2 cups cooked brown rice



#### DIRECTIONS

1. In a small bowl, mix olive oil, lemon juice, and ground black pepper; pour over chicken and marinate one hour in the refrigerator.
2. To make skewers, thread tomato, chicken, bay leaf, onion, and green pepper; repeat.
3. Grill over medium heat for 5 minutes on each side or until cooked through.
4. Discard bay leaves before serving.
5. Serve each kabob over 1/2 cup brown rice.

SERVING SIZE: 1 skewer, SERVINGS PER RECIPE: 4, CALORIES: 297, SATURATED FAT: 2g, DIETARY FIBER: 5g, TRANS FAT: 0g, SODIUM: 73mg, TOTAL CARBOHYDRATE: 29g, CHOLESTEROL: 68g, PROTEIN: 28g

This recipe provided by Champions for Change. Visit their website for more healthy, low-cost recipes:

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

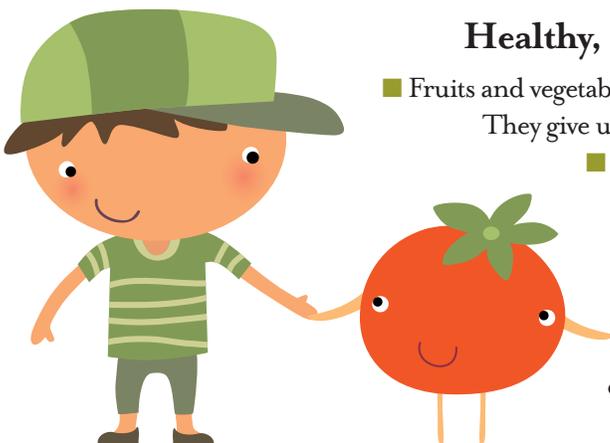
### Grown in Oregon

Tomatoes need summers with hot days and warm nights to ripen. That doesn't always happen in Oregon. Oregon State University researchers developed tomato varieties just for our climate. Oregon varieties like Legend, Willamette, and Gold Nugget ripen even when summers are cool.



### Healthy, Fit and Ready to Learn

- Fruits and vegetables are a natural source of energy. They give us the nutrients we need every day.
- Think of Cherry Tomatoes when looking for a quick snack that's nutritious, yet easy to eat on-the-go.
- Oregon Harvest for Schools is a great way for your family to learn about eating more fruits and vegetables.



### RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 1/2 – 5 cups per day	4 1/2 – 6 1/2 cups per day
Females	2 1/2 – 5 cups per day	3 1/2 – 5 cups per day

If you are active, eat the higher number of cups per day. Visit [fruitsandveggiesmatter.gov](http://fruitsandveggiesmatter.gov) to learn more.



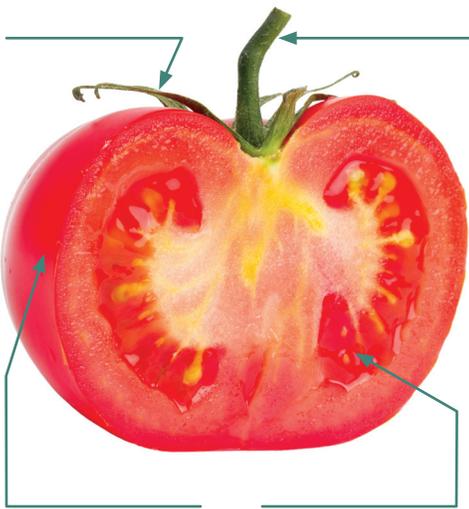
**FIND OUT MORE:** Visit Oregon Department of Education Child Nutrition Programs at [www.ode.state.or.us/services/nutrition](http://www.ode.state.or.us/services/nutrition). Find the link to Oregon Farm To School and School Garden Program under Associated Topics.

## Just for Kids

### Parts of a Tomato

Slice a tomato in half and have your child identify the skin, seeds, stem, and leaves.

Write your answers on the lines below.



### Read with your child!

Look for these books at your school or public library:

Elementary: **Tomatoes from Mars** by Arthur Yorinks; **Tomatoes** by Elaine Landau; and **I Will Never Not Eat A Tomato** by Lauren Child

Secondary: **Carrots Love Tomatoes: Secrets of Companion Planting** by Louise Riotte

### GET MOVING!

■ Special Oregon “Walk & Bike to School” events are scheduled for October and May each year. Ask your child’s teacher about events planned for your school. Or visit [www.bta4bikes.org/at\\_work/walkandbike](http://www.bta4bikes.org/at_work/walkandbike)

■ Be a role model for your family. Make walking and biking a regular part of your life. Walk up stairs, bike to the market, or take a family walk after dinner.



### Finding it Here

Oregon tomatoes are usually available in late summer and early fall. Tomatoes grown in hoop houses or green houses ripen as early as July. Cherry tomatoes are often the first tomatoes to ripen. There are many kinds of cherry tomatoes and each one tastes different. Look for cherry tomatoes like Gold Nugget, Sungold and Sweet 100.

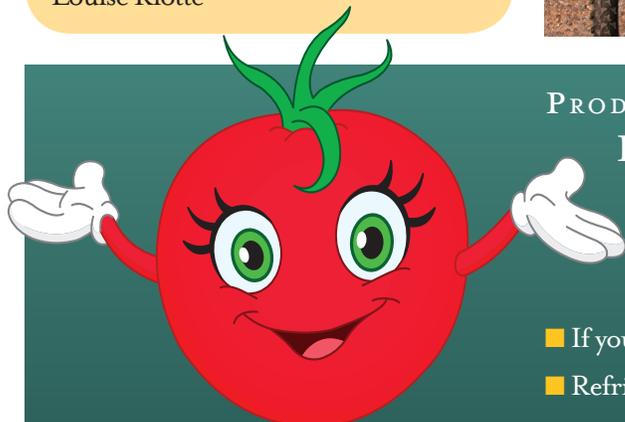
Use low-sodium, canned tomatoes, tomato paste, or tomato sauce when fresh Oregon tomatoes are not in season.

The Oregon Farmers Markets Association website contains details on all farmers markets across the state:

[www.oregonfarmersmarkets.org](http://www.oregonfarmersmarkets.org)

### Living and Eating Green

Buy locally. Look for Oregon grown tomatoes in your supermarket, farmer’s market, or farm direct stores.



### PRODUCE POINTERS

#### How to Keep Your Tomatoes Happy

- Look for tomatoes that are firm and give slightly to gentle pressure.
- Store ripe tomatoes at room temperature, out of direct sunlight. Use within a few days.
- If you have unripe tomatoes, place them in a brown paper bag to ripen.
- Refrigerate tomatoes that have been cut or cooked.