



Nothing tastes better than a **tomato** that is truly vine-ripened. Although **tomatoes** are available year-round, vine-ripened **tomatoes** are only available during the growing season—or when grown in a local greenhouse.

Idaho's farmers produce mainly for local markets, which allow them to harvest their **tomatoes** when they are truly ripe, usually July through September. Idaho's warm summer days and brisk cool nights allow the sugar to build inside the **tomatoes** and helps produce a sweeter and juicier **tomato**. **Tomatoes** are also grown locally in greenhouses, which extends the season from early spring through late fall.

Botanically, **tomatoes** are a fruit because generally a fruit is the edible part of the plant that contains the seeds, while a vegetable is defined as the edible stems, leaves, and roots of the plant.

Nutritionists have always known that **tomatoes** – which are packed with vitamin C, potassium, fiber and vitamin A in the form of health-promoting beta-carotene – are good for you. They are also a source of lycopene, which research suggests may play a role in the fight against cancer.



Fresh Idaho **tomatoes** are delicious raw, sautéed, grilled, and stewed. **Tomatoes** are versatile and add great flavor to any recipe - so try a new **tomato** recipe today!

Look for the Idaho Preferred® label to ensure that you are buying delicious local **tomatoes**!

