

Louisiana HARVEST *of the* MONTH



Fun Facts About Tomatoes!

- Tomatoes are the most popular home garden crop.
- Tomatoes come in many different colors — purple, yellow, pink, green, white and even black.
- Tomatoes continue to ripen after harvest. Place semiripe tomatoes in a breathable container with a ripe banana or apple to speed up the ripening process.

Tomatoes Are Nutritious and Good for You!

- Excellent source of vitamins A and C.
- Good source of vitamin K and potassium.
- Rich in lycopene, a beneficial antioxidant.



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