

### FOOD PREPARATION STEPS



1. Wash tomato thoroughly under cool running water.



2. Use a sharp paring knife to remove the tomato's core.



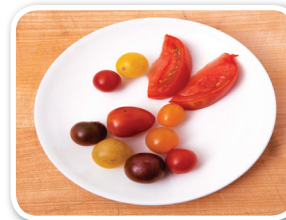
3. Using a serrated knife, cut tomato in half.



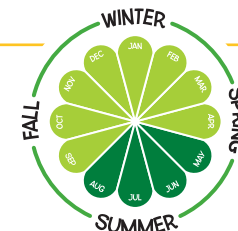
4. Place each half cut-side down and slice into 4-6 wedges.



Grape tomatoes can be served whole and need only be washed before serving.



*Tomatoes contain a variety of antioxidants, including lycopene, which can help protect our bodies from free radical damage and fight diseases like cancer. In addition to vitamin C, tomatoes also provide vitamin A, which promotes good vision.*



AVAILABILITY: ● PEAK ● MODERATE ● LOW

- Tomatoes are available in Hawai'i year-round, with peak harvest occurring May through September.
- Look for tomatoes that are heavy for their size and firm but still tender.
- Tomatoes that are still a bit green will ripen a bit after harvest.
- Tomatoes should be stored in a cool area, but not refrigerated. (Cut and prepared tomatoes should be refrigerated.)
- Grape and cherry tomatoes grow well in containers and are an easy crop to grow on school campuses.

*\*Seasonality varies with location and from year to year.*

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes produce profile sheets, family take-home letters, produce preparation sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at [www.kokuahawaiiifoundation.org/HawaiianHarvest](http://www.kokuahawaiiifoundation.org/HawaiianHarvest). Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.