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Find Farm Fresh Tomatoes! 🍅

1 message

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Tue, Aug 27, 2019 at 5:00 AM

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10 Facts About Tomatoes!

- Tomatoes originally came from Peru, where their Aztec name translated to plump thing with a navel.
- The scientific name for tomato is *Lycopersicon lycopersicum* meaning wolf peach.
- People used to be afraid to eat tomatoes, thinking them poisonous due to their relation to the belladonna or (deadly nightshade) plant.
- Tomatoes increase in weight as they ripen, even after harvesting.
- Tomatoes are the richest source of lycopene which is important for the health of the prostate gland in men.
- They were first brought to Europe in the mid 1500's.
- The first tomatoes in Europe were yellow varieties, the Italian for tomato is pomodoro and translates to golden apple.
- A tomato is a fruit. The confusion arose after the 1890s when the US supreme court named them a vegetable for taxation purposes. A fruit is the edible part of the plant containing seeds, a vegetable is stem, leaf or root.
- There is no mention of tomatoes in either the bible or in the complete works of shakespeare.
- 600,000 tomato seeds traveled to the International Space Station and back before being grown in school classrooms all over Canada as part of the 'Tomatosphere I, II, III and IV' experiments.
- There are over 10,000 varieties of tomato, these come in a variety of colors including pink, purple, black, yellow and white.



Source: <https://www.quickcrop.ie/blog/2014/02/top-10-facts-about-tomatoes/>.



Where To Find Locally Grown Tomatoes

To find a local tomato producer near you, please visit:

<https://massnrc.org/farmlocator/map.aspx>.

Recipe: The Best Homemade Salsa Recipe (Restaurant Style)

Ingredients

- 1/2 cup white onion roughly chopped
- 1 clove garlic roughly chopped
- 1/2 jalapeno seeds and ribs removed, roughly chopped
- 10 ounce can diced tomatoes with green chiles
- 14.5 ounce can fire roasted diced tomatoes
- pinch of sugar optional, to balance the acidity of the tomatoes
- 1/4 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/2 cup fresh cilantro leaves juice from 1/2 of a lime start with a small squeeze and add more, to taste



Instructions

1. Add the onion, garlic, and jalapeno to the bowl of a food processor and pulse a few times to chop until the onion pieces are about 1/4-inch size.
2. Drain off the liquid from the can of diced tomatoes with green chiles and discard the liquid. Add the tomatoes and chiles from the can to the food processor.
3. Add the fire roasted diced tomatoes with their juices from the can to the food processor, along with the remaining salsa ingredients.
4. Pulse until the salsa reaches your desired consistency.
5. Taste salsa on a chip and adjust the lime juice, salt, or sugar as needed.

Recipe from: <https://kristineskitchenblog.com/restaurant-style-salsa/>.

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The Massachusetts Farm Bureau Federation is a non-profit organization representing nearly 6,000 family members across the Commonwealth. MFBF is an advocate for farmers, run by farmer members who develop policies through its grassroots process. Its mission is "to protect the rights, encourage the growth, and be of service to its members, in the best interest of agriculture."

For more information about the Massachusetts Farm Bureau Federation, please visit www.mfbf.net.

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