

TOMATOES LYCOPENE Vitamin C HEART HEALTH

good circulation Vitamin A *prostate health* **CANCER PREVENTION**

Creater Crystal Olry

Nutrients in Tomatoes 1.00 cup raw (180.00 grams)	
Nutrient	%Daily Value
Vitamin C	38.1%
Vitamin A	29.9%
Vitamin K	17.7%
potassium	12.1%
molybdenum	12%
manganese	10.5%
fiber	8.6%
Vitamin B6	7%
folate	6.7%
copper	5.5%
Vitamin B3	5.3%
magnesium	4.9%
Vitamin E	4.8%
Vitamin B1	4.6%
phosphorus	4.3%
protein	3.1%
tryptophan	3.1%
choline	2.8%
iron	2.7%
Calories (32)	1%



Tomato

- Native to the western side of South America, in the region occupied by Columbia, Ecuador, Peru, Chile, and the western half of Bolivia.
- 1500's Spanish explorers and colonizers brought tomato seeds to European populations, where Italy grabbed a hold of them and claimed their fame.
- Tomatoes are true perennials, but grown in gardens and harvested at annuals.
- Planted in April or May in southern Indiana
- Nightshade, alkaloid plant
- YES, tomatoes are a fruit indeed
- Can be eaten cooked or raw

MAKING TOMATO PASTE

“To make your own tomato paste, simply Healthy Sauté a couple of cloves of chopped garlic and/or 1 or 2 large chopped onions for a couple of minutes until they are translucent. Add 8 to 10 chopped whole tomatoes and a teaspoon of dried—or several teaspoons of fresh chopped—oregano, basil, and any other herbs you enjoy (such as parsley or rosemary). Simmer for 30-45 minutes. Remove from the heat, drizzle with olive oil, and add sea salt and freshly ground black pepper to taste. For a fancier version, Healthy Sauté chopped olives and/or mushrooms along with the garlic and onions.”

Accessed July27th 2013,
<http://www.whfoods.com/genpage.php?tname=foodspi>