

DEC. 5

Produce
of the Month



Scan here to take our quick survey and be eligible for a prize!



SHOPPER TIPS

- Cold temperatures damage tomatoes, so never buy tomatoes that are stored in a cold area.
- Choose plump tomatoes with smooth skins that are free from bruises, cracks, or blemishes.
- Depending on the variety, ripe tomatoes should be completely red or reddish-orange.

WHAT'S IN IT FOR YOU?

- Tomatoes are an excellent source of vitamin C and a good source of vitamin A.
- Lycopene in tomatoes protects against heart disease and may also lower the risk of a range of different cancers.
- Cooking tomatoes will help you maximize health benefits because heat releases lycopene from the cell walls, making it more available to the body.

SERVING IDEAS

- Chopped tomatoes can be frozen for use in sauces or other cooked dishes.
- Serve cherry tomatoes in a salad or just alone as a snack.

PEAK SEASON

- September-June Storage
- Store tomatoes at room temperature (above 55 degrees) until they have fully ripened.
- Try to store tomatoes out of direct sunlight, because sunlight will cause them to ripen unevenly.
- If you must store them for a longer period of time, place them in the refrigerator.

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Very Veggie Salad

INGREDIENTS:

- 4 cups raw spinach
- 4 cups romaine lettuce
- 2 cups chopped red, yellow, orange bell pepper
- 2 cups grape or cherry tomatoes
- 1 cup chopped broccoli
- 1 cup chopped cauliflower
- 1 cup sliced yellow squash
- 1 cup sliced zucchini
- 2 cups sliced cucumber
- 2 cups chopped baby carrots

DIRECTIONS:

Wash all of the vegetables and mix them together in a large mixing bowl. Top this colorful meal with the nonfat or low-fat dressing of your choice
 Note: the dressing is not included in the nutritional analysis.

Nutrition Facts Very Veggie Salad

Serving Size: 5 cups, Calories: 100, Total Fat: 1g, Cholesterol: 0mg, Sodium: 80mg, Total Carbohydrates: 22g, Dietary Fiber: 7g, Protein: 6g



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