



## **HARVEST OF THE MONTH- Farm Fresh Tomatoes**

The tomatoes purchased for Harvest of the Month are from **Jackson Farms** in the Spokane Valley. They are a variety of amazing colors and have wonderful flavor that will make the student's "taste buds smile"! Located on Progress Rd. in the Spokane Valley, farm fresh produce does not get more local than this!

**Farmer Dan's** small urban farm was one of the first local farms to sell vegetables to area schools. His children attend Central Valley Schools. He is committed to helping children know where their food comes from as well as growing such great tasting veggies that they will be excited about eating them!

### **Tomato Fun Facts:**

- You've probably heard that scientifically a tomato is classified as a fruit. This is true because it has seeds and grows from a flowering plant.
- The heaviest tomato in the world was grown in the USA in 1986 in Oklahoma. It weighed 7 pounds 12 ounces.

Tomatoes are rich in the antioxidant, lycopene. Lycopene is good for the heart and may play a protective role against certain cancers.