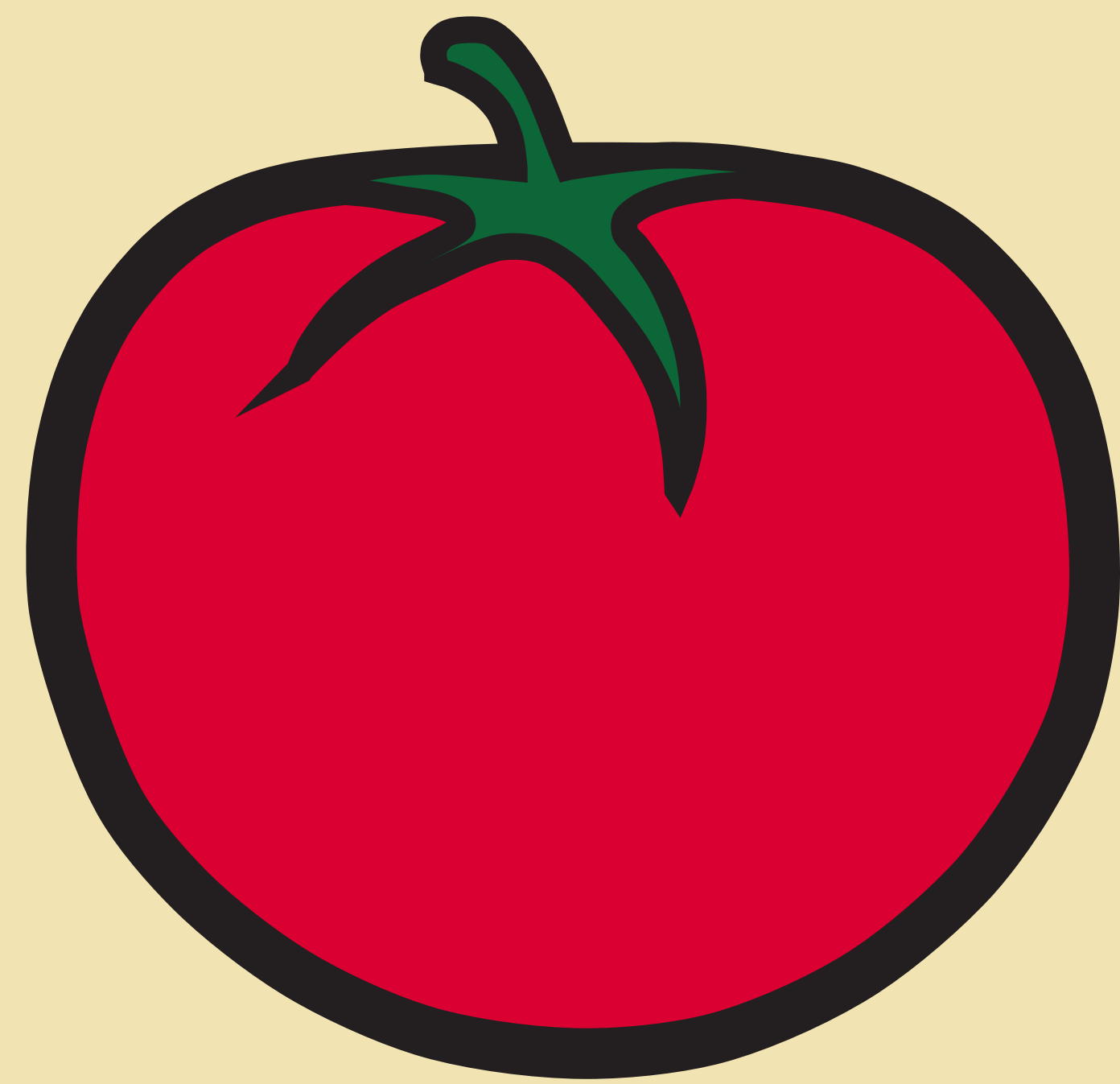


# AUGUST HARVEST OF THE MONTH



# TOMATO



SCAN THE  
QR CODE  
FOR MORE  
HARVEST  
OF THE  
MONTH  
RESOURCES!



# TRY TOMATOES AT HOME!

## HEALTH & NUTRITION

Tomatoes are low-calorie vegetables that are rich in lycopene, an antioxidant that's good for the heart and effective against certain cancers.

They are also packed with healthy nutrients and minerals, including: Vitamin A, Vitamin C, Vitamin K, Folate, Calcium, and Potassium.

# ? DID YOU KNOW

Tomatoes are 93-95% water, a higher percentage of water than watermelon!