

## Fun Facts

Italians say that tomatoes are “pomodoros” which translates into “golden apples”

The world’s largest tomato was 7 lbs, 12 oz. and was grown in Oklahoma in 1986

In 1893, the U.S. Supreme Court declared tomatoes to be a vegetable

Tomatoes originated in South America from the Incas and Aztecs in 700 A.D.

Americans eat more than 12 million tons of tomatoes annually



# Say hello to TOMATOES

## HOW DO THEY HELP OUR BODY?

- **Vitamin A:** Keeps eyes and skin healthy and helps protect against infections
- **Vitamin C:** Helps heal cuts and wounds and keeps teeth and gums healthy
- **Potassium:** Helps maintain a healthy blood pressure and heart
- **Fiber:** Promotes good digestion

## GROW YOUR OWN!

- **Start Seedlings Indoors:** mid-to-late March
- **Plant Seedlings or Transplants:** mid-May to early June

In partnership with:



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# Recipe for STUFFED TOMATOES

## INGREDIENTS:

- 4 medium tomatoes
- 1 cup sweet corn (canned or frozen; fresh is best)
- 1 tablespoon olive oil
- 1 clove garlic, minced
- ½ red onion, diced
- Handful of fresh basil, sliced
- Salt and pepper to taste
- 2 tablespoons of mayonnaise

## DIRECTIONS:

1. Wash and dry the corn. Place corn in a sturdy non-stick or cast iron skillet over medium high heat with a little olive oil. Let sit for 4 minutes and stir. Repeat until corn gets nice and brown on the outside. Remove from heat and set aside.
2. Cut the tops of the tomatoes off and carefully scoop out the flesh, reserving the flesh in a separate bowl. Set whole tomatoes aside. Dice the tomato flesh and reserve.
3. Combine the diced tomato with basil, corn, garlic, onions, and mayo. Season with salt and pepper. Stir it all together until well-mixed.
4. Stuff the whole tomatoes with the tomato and corn mixture until rounded on the top. Garnish with a little basil leaf.

*Makes 4 servings.*

## FROM THE KITCHEN OF XIMENA ACUNA

Chef Ximena Acuna has over 20 years of experience in the food industry. She got her bachelors degree in culinary and hotel/restaurant management in Santiago, Chile and has worked for many different restaurants and casinos in Reno. True to her Chilean roots she uses her experience to create simple recipes that are flavorful and delicious. Farm Fresh Catering emphasizes the use of organic ingredients and offers a number of different catering options utilizing seasonal produce from their partner farms here in the Great Basin.



## QUICK WEEKNIGHT TOMATO SAUCE

- 1 large can whole peeled tomatoes
  - 4 cloves garlic, thinly sliced
  - Olive oil
  - Parmesan cheese
  - Salt
  - 1 pack of spaghetti (or your favorite pasta)
1. Smash the tomatoes with your hands or put in the blender until semi smooth, reserve.
  2. Add olive oil, the thinly sliced garlic, and basil to a pan and cook at slow temperature while garlic softens and basil infuses the oil. Remove the basil and add the tomato puree and salt to taste. Cook at medium-high temperature for 15 minutes.
  3. While sauce is cooking, boil water and season it with salt. Cook your pasta al dente and drain it.
  4. Add parmesan to sauce and simmer for a few minutes.
  5. Add al dente pasta to sauce and finish cooking for 2 minutes.
  6. Serve pasta and garnish with fresh basil leaves and parmesan.

*Makes 4 servings.*