

FAMILY WELLNESS NEWSLETTER

From Healthy YOUba

Harvest of the Month: Tomatoes

Did you know?

There are more than 4,000 varieties of tomatoes ranging in size, shape, and color. Botanically, the tomato is a fruit. However, in 1893, the U.S. Supreme Court declared it a vegetable.



Harvest of Month Newsletters:

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[Family: English](#)

[Family: Spanish](#)

Tasty Recipe Corner

[Tomato Basil Bruschetta](#) is a delicious appetizer featuring fresh tomatoes!

Have you always wanted to make your own pasta sauce? Try this simple [Fresh Tomato Sauce](#) recipe.

Nutrients:

Tomatoes contain potassium, a type of electrolyte, helps build muscle and keeps your heart healthy. Lycopene is what gives tomatoes their red color. It keeps our eyes healthy and protects our cells from damage caused by normal body functions and environmental factors. For more info visit: [Discover Foods](#).



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