



Let's learn about:

# TOMATOES

- **Tomatoes are actually fruits, not vegetables!**
- **Tomatoes contain 95% water.**
- **Local tomatoes are more flavorful because they are allowed to ripen naturally.**
- **Red tomatoes are more common, but they grow in many shapes, sizes and colors.**
- **Tomatoes have been linked to good skin health and reduced risk of heart disease.**

