



New Jersey Tomatoes

New Jersey is blessed with the best tomatoes in the world. In fact, the tomato is so beloved in the state of New Jersey that it has been named the official state vegetable. The Jersey tomato is a delectable seasonal treat, highly prized not only on its home ground, but nationwide. July and August are when the Jersey tomato is plentiful. The plant's origins lie in Mexico and South America, where Spanish conquistadors tasted it and promptly took it home to Europe. It arrived in North America via England in colonial times and made its way to New Jersey in the late 18th century.

Fun Tomato Facts

Because the tomato has seeds and grows from a flowering plant botanically it is classed as a fruit, not a vegetable.

Tomatoes are rich in lycopene, an antioxidant that is good for the heart and may be effective against certain cancers. Cooked tomatoes are actually better for you than raw ones, as more beneficial chemicals are released. Tomatoes are also packed with vitamins A and C, calcium and potassium.

Tomatoes are very popular in Mediterranean cuisines such as Italian. They are an important ingredient in pizza and pasta sauces.

Storing: Do not refrigerate tomatoes and don't set them out on a sunny window sill to ripen. If you want to accelerate the ripening of your tomato, place it in a brown paper bag on your countertop.

