**Tomato**

**September 2021**

*Solanum lycopersicum*

**Plant:** A flowering plant of the nightshade family

**Part We Eat:** Fruit (berries)

**Growing Conditions:** Needs relatively warm weather and lots of sunlight; usually trellised to keep the fruits and stems off the ground

**Seed to Harvest Time:** 65-85 days

**Originated From:** The Andes Mountains of South America; mainly in Peru and Ecuador

**Important Nutrients:** Fiber, Vitamin C and K1, Potassium, and Lycopene

**Benefits:** Lycopene is an antioxidant that promotes heart health and may reduce the risk of developing chronic illness

**Fun Fact:** Tomatoes, while botanically classified as fruits, were ruled to be classified legally as vegetables by the U.S. Supreme Court in 1893, due to a tariff on vegetables but not fruits.

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**Harvest of the Month**

**2021 Calendar**

**April:** Spinach

**May:** Peas

**June:** Chard

**July:** Acai

**August:** Zucchini

**September:** Tomato

**October:** Carrot

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**Youth Garden Project**

www.youthgardenproject.org