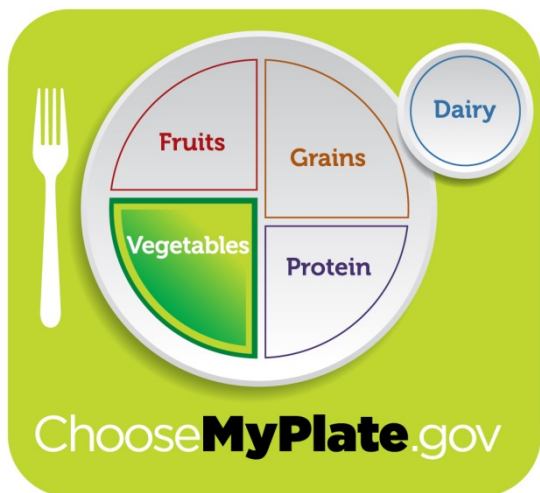


Grape Tomatoes

Grape tomatoes! Is that a fruit or a vegetable? While tomatoes are a fruit by the scientific definition, tomatoes belong on the vegetable section of your My Plate because the nutritional content is more like a vegetable. Grape tomatoes are a newer variety of tomato that was developed in the 1990's to be sweet and pop-able. Pop one in your mouth and bite down to experience the juicy goodness.



Fun Facts: Grape tomato plants have a type of growth called indeterminate growth. This means that the plant continues to grow and produce new tomatoes all season long and the fruits ripen at different times. This makes grape tomatoes very labor intensive as



each tomato must be picked by hand.

Body Benefits: Tomatoes have Lycopene that is good for your skin and eyes. Vitamin C, A, K, B6, E, folate niacin, biotin, calcium and phosphorus are high in tomatoes. The combination of vitamins is good for your bones. Eating your tomatoes will give you a vitamin boost.



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