

ROMA TOMATOES

BASIC INFO

Roma tomatoes are a type of plum tomato with an egg-like shape most widely used for Italian dishes and tomato pastes. They are also delicious right off the vine and easy to cook with due to the high solid content and lack of seeds. This is a great tomato for any type of use, but especially if you're interested in canning your own tomatoes or making sauces.

NUTRITION

Tomatoes are packed with nutrients including Vitamins A, C, and K. Other beneficial nutrients include potassium, niacin, folate and vitamin B6, which are all great for heart health. Also found in tomatoes is lycopene, which is a phytochemical that is responsible for the bright red color. Lycopene is also being researched for its cancer fighting properties. It is best absorbed with fat, so using a little olive oil with your meal is a great way to efficiently get lycopene into your body.

GROWING

Tomatoes in general require a long growing season and are best started indoors before transplanting outside when conditions are right. They prefer well drained soil that is high in organic matter, full sunlight, and a lot of water. When put in the ground, the plants should be spaced about 1-2 feet apart. Other varieties will require more space. Staking and pruning techniques can be used for tomatoes depending on your conditions and desired harvest. In about 70-80 days you should be ready to harvest these tasty tomatoes.



SOME TIPS FOR BUYING/STORING

A good tip for all types of vegetable shopping is looking for local vegetables. This lets you know where your food is coming from and also has a smaller environmental impact. For tomatoes, it's best to find vine ripened tomatoes. This tends to produce a much tastier tomato compared to picking them early and letting them ripen afterwards. When choosing which ones to grab, look for heavy, firm tomatoes and don't worry about the shape. Tomatoes should be stored with a lot of care considering they are pretty fragile and you don't want to crush them under their own weight or under other veggies. Also, never store tomatoes in the refrigerator. If you have an excess, you could always make tomato paste or some marinara sauce or can the tomatoes for later use.

RECIPE - BALSAMIC BRUSCHETTA

Ingredients

- 8 roma tomatoes, diced
- 1/3 cup chopped fresh basil
- 1/4 cup shredded parmesan cheese
- 2 cloves garlic, minced
- 1 tablespoon balsamic vinegar
- 1 teaspoon olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 loaf French bread, toasted and sliced



Directions

1. Simply combine all ingredients into a mixing bowl
2. Preheat oven to 450°
3. Slice bread and coat with a little olive oil
4. Bake for 4-6 minutes
5. Top each slice of bread with a spoonful or 2 of bruschetta mix