

Health Minute™

You say tomato, I say tomahto...

As spring draws near, thoughts turn to planting vegetables to enjoy all summer. Tomatoes are almost always part of a home garden. Tomatoes get their rich red color from lycopene, a compound with tremendous health benefits. One recent study at Harvard University measured the amount of lycopene in body fat and found that men with the highest amount of lycopene were less likely to suffer a heart attack. A great reason to start gardening, don't you think? If you don't have a garden, try this tip for growing your own fresh vegetables in a small space. Try a themed garden such as an Italian garden with basil and tomato or Mexican garden with cilantro and peppers.



Grow your own fresh vegetables in a small space with minimal work!

Plant your own themed garden

- Buy a bag of composted cow manure
- Choose healthy plants – pick your favorite flavors
- Cut one slit in the bag for each plant
- Make a hole in the manure through the slit and drop the plant into the manure
- Set tomato plants in deeper than they were in the container
- Water daily and watch it grow!

Fun tomato facts

- Americans eat over 16 pounds of fresh tomatoes per person per year
- Tomatoes are technically a fruit but were declared a vegetable by the supreme court in 1893
- 53% of the recommended daily value of vitamin C
- Are best if stored at room temperature – do not refrigerate