

SEPTEMBER HARVEST OF THE MONTH



CHERRY TOMATO RED & GREEN LETTUCE

HARVESTED FROM LOCAL FARMS



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SEPTEMBER



CHERRY TOMATO RED AND GREEN LETTUCE



CHERRY TOMATO FUN FACTS:

- Tomatoes are actually a fruit, not a vegetable because they have seeds
- Americans eat an average of 80 pounds of tomatoes each year
- Tomatoes are not always red, they can be yellow, orange, purple and white
- There are around 10,000 varieties of tomatoes worldwide
- Tomatoes provide your body with Vitamin C and Vitamin A

LETTUCE FUN FACTS:

- The darker the leaf, the more nutrients it contains
- Hundreds of years ago, lettuce was actually thought to be a weed
- On average, Americans eat 30 pounds of lettuce every year
- Lettuce is a member of the sunflower family
- Lettuce provides your body with Vitamin A and Potassium

Eating tomatoes and lettuce will feed your body with nutrients to help with your vision, skin, heart, hair, and building strong bones!

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KID FRIENDLY TOMATO & LETTUCE RECIPES

Green Julius

- 2 oranges, peeled
- 1 banana, on the ripe side
- ½ cup milk of your choice
- ½ cup plain yogurt of your choice
- 1 teaspoon vanilla
- 2 cup of lettuce or spinach
- handful of ice

Blend all ingredients together for a couple minutes until all is incorporated and Julius is frothy!

Vit-A-Man Sandwich

- 2 oz. cream cheese
- 4 slices of bread
- 1 large tomato, sliced
- ½ cucumber, thinly sliced
- 2 large lettuce leaves
- 1 small avocado, thinly sliced

Spread 2 slices of bread with cream cheese. Layer with tomatoes, cucumber and lettuce and avocado. Top with remaining 2 slices of bread and enjoy!

Rainbow Kabob

- 12 chunks of cheddar cheese
- 12 slices deli ham or meat of choice
- 8 slices cucumber
- 8 cherry tomatoes
- 4 kabob skewers

Place one cherry tomato on a wooden skewer and slide it near one end followed by one slice of cucumber. Add 3 pieces of ham and 3 pieces of cheese, alternating as you go. Top off the skewer with cucumber slice and cherry tomato.

Makes 4 kabobs

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