August
Harvest of the Month
Tomato

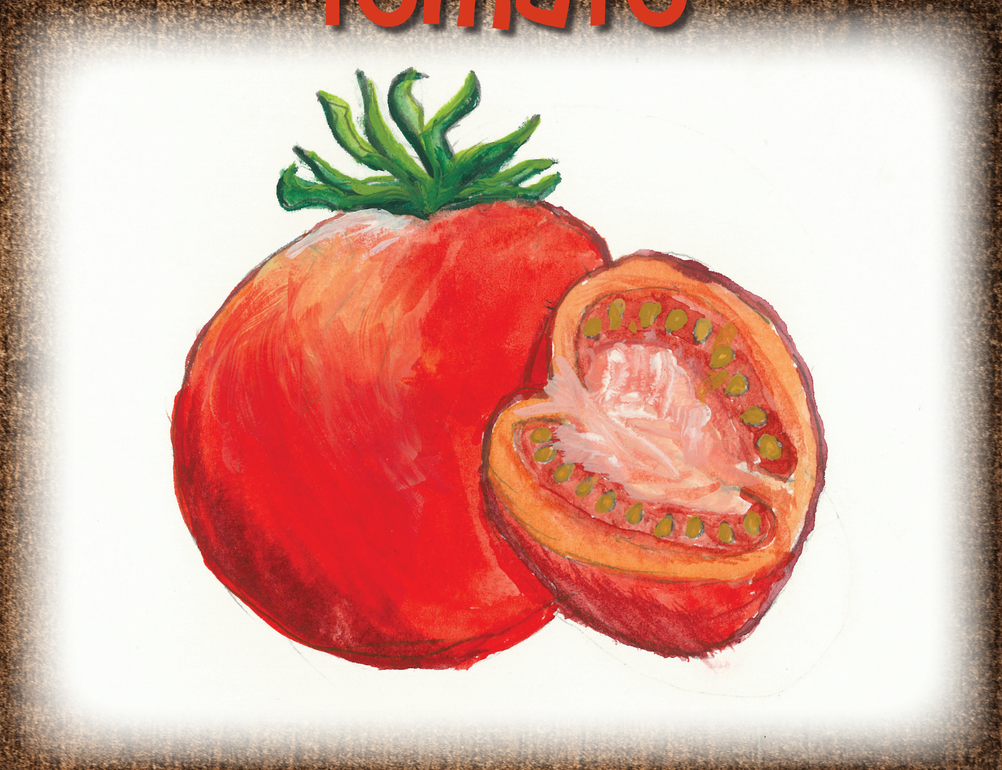

Illustration by Lila Jaranden, Henrico County Public Schools

Try Tomatoes at Home!

Health and Nutrition

Tomatoes are low-calorie vegetables that are rich in lycopene, an antioxidant that's good for the heart and effective against certain cancers.

They are also packed with healthy vitamins and minerals, including: Vitamin A, Vitamin C, Vitamin K, Folate, Calcium, and Potassium.

Did YOU Know?

Tomatoes are 93-95% water, a higher percentage of water than watermelon!

Reading Together

Check out our feature book:
I Will Never Not Ever Eat a Tomato
by Lauren Child

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