

TOMATO

FACT FILE

HISTORY

- Tomatoes were first grown by the Aztecs and Incas as early as 700 AD
- In Britain tomatoes were first grown about 600 years ago but only as ornamental plants
- The Elizabethans thought the tomato's bright red colour was a warning signal that they were poisonous
- Tomatoes in Britain were grown on a large scale from about 1800 when the first greenhouses were built in Kent and Essex

WHY TOMATOES ARE GOOD FOR YOU

- Tomatoes are rich in vitamins A, C and E and fibre
- Tomatoes help reduce bad breath



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DID YOU KNOW

- The tomato is in the same botanical family as the potato, bell pepper, aubergine and petunia
- It takes between 40 and 60 days to become ripe (depending on the variety)
- Kent has 3 different tomato varieties – Classic, Cherry and Vine. The table shows when each variety is in season.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Classic	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cherry	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vine	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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SIMPLE RECIPE

Always wash tomatoes before you eat them.
Make some tomato kebabs by threading cherry tomatoes, small cubes of cheese and cucumber onto a wooden skewer.

Flavours of the region