

FRESH FROM THE FARM

Recipes & Cooking Tips | Healthy Eating for Seniors | Tools for Better Nutrition

Healthy Fat, Happy Heart



While farm fresh tomatoes are flavorful enough to eat on their own, a drizzle of oil is the key to helping your body better absorb all of the nutrients they have to offer. Don't be afraid of full-fat salad dressings, as the nutrients from fat are the perfect pairing to bring out the best of your fresh produce!

Thinking Outside the Fridge

When you get a box full of ripe tomatoes, it may be tempting to transfer them to the fridge. Don't do it! Tomatoes retain their flavor and juice best when at **room temperature**, and can lose their sweet flavor when placed in the cold. If you store tomatoes in the fridge to save them from going bad, make sure to let them sit at room temperature for at least an hour before consuming.

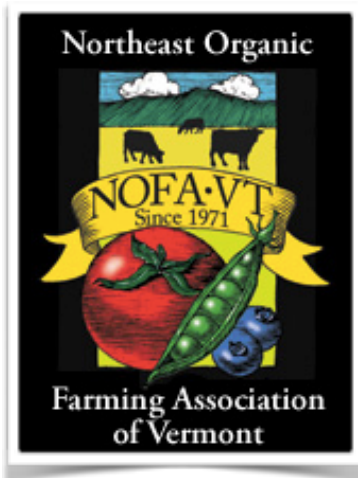
The Taste of a True Tomato

When shopping at the grocery store, you'd never know that there are hundreds of tomato varieties that make up a rainbow of colors. From purple and pink to white and orange, tomatoes are a perfect way to add some color to your plate. Although sold in the vegetable section at the supermarket, tomatoes are scientifically



categorized as fruit, and when you get them from a direct market, they taste as sweet as fruit too! Buying tomatoes in season makes all the difference, and when you explore your Farmers Market or CSA box this month, you'll find fresh, flavorful, and juicy tomatoes that are packed with antioxidants, vitamin C, potassium, and other great nutrients. Try a fresh, local tomato today and taste the flavor for yourself!





Too Many Tomatoes?

Every challenge presents a new opportunity, especially when it comes to too many fresh varieties of tomatoes. If you find your kitchen overflowing with more of these goodies than you can eat, you can save them as a treat to enjoy in the winter.



Tomatoes can be stored in sealed plastic bags kept in the freezer, so you can save their sweetness for a cold winter day. After thawing in the fridge or microwave, these tomatoes will be great in sauces and stews.



Simply Sweet Tomato Salad

Cherry tomatoes are a great addition to any salad. Make sure to try this quick recipe, which combines all the best tastes of summer and packs in some powerful nutrients to help get you through your day.

Ingredients:

Serves 2-4

3/4 pints local cherry tomatoes

1 ear cooked corn, or one 8 oz. can

1 pepper

1/2 medium local onion

8 oz. can black beans

1 tablespoon olive oil

salt and pepper to taste

1/8 cup cilantro

1/4 of fresh squeezed lime

To Prepare:

- 1)** Drain and rinse black beans and corn
- 2)** Dice cherry tomatoes and peppers
- 3)** Finely chop onion and cilantro
- 4)** Add olive oil
- 5)** Add salt and pepper to taste
- 6)** Mix all ingredients in bowl
- 7)** Let ingredients sit for at least 20 minutes (up to 1 day) in fridge before serving



Quick Tips:

- ✦ Double this recipe and save the leftovers to use for meals throughout the week
- ✦ Add cucumber, kale, or any other veggie for some extra green in your diet