Ripe tomatoes are red, round or oval, 1” to 6”.

Choose smooth tomatoes, slightly soft, bruise free.

Store at room temperature, 2-3 days, away from sunlight.

Ripen tomatoes in a closed paper bag for one to five days, punch several holes in the bag.

Flavor worsens in the refrigerator. Refrigerate only extra-ripe tomatoes to keep from further ripening.

Pick it!

Try it!

Eat raw; add to salads & sandwiches. Cook by baking, stewing, grilling, stir-frying.

Serve in soups, salsas, tomato sauce (in pasta dishes, spaghetti and pizza), and ketchup.

Cut with a serrated or sharp knife. Keep in juice by cutting from stem to blossom end.

To peel drop in boiling water 30 seconds, plunge into ice water, use a paring knife to pull away the skin.

May remove seeds by cutting in half horizontally, squeeze out the jelly-like juice and seeds.

Plum Tomato
- Small, egg-shaped, less juicy than slicing tomatoes
- Best for sauces and cooked foods

Cherry Tomato
- Round and bite-sized with many seeds and juice
- Good in salads

Slicing Tomato
- Biggest tomatoes
- Slices hold together, cook down in sauce

Eat raw; add to salads & sandwiches. Cook by baking, stewing, grilling, stir-frying.

Serve in soups, salsas, tomato sauce (in pasta dishes, spaghetti and pizza), and ketchup.

Cut with a serrated or sharp knife. Keep in juice by cutting from stem to blossom end.

To peel drop in boiling water 30 seconds, plunge into ice water, use a paring knife to pull away the skin.

May remove seeds by cutting in half horizontally, squeeze out the jelly-like juice and seeds.

Plum Tomato
- Small, egg-shaped, less juicy than slicing tomatoes
- Best for sauces and cooked foods

Cherry Tomato
- Round and bite-sized with many seeds and juice
- Good in salads

Slicing Tomato
- Biggest tomatoes
- Slices hold together, cook down in sauce
Fresh Tomato Salsa
by Inca Mexican Restaurant

Angelina and Julio were born in Mexico and love making authentic Mexican food. Julio created the original Inca Salsa recipe that is now sold all over the Midwest. Inca serves a variety of traditional Mexican foods like their popular chicken Jalisco, which features strips of chicken breast sautéed with vegetables in a homemade tomato sauce.

Ingredients
- 8 ea fresh roma tomatoes (chopped)
- 12 oz any tomatoes (peeled & chopped)
- 3 ea fresh jalapeño peppers
- 1 ea yellow onion (chopped)
- 1/4 oz oregano
- 1/4 oz ground cumin
- 2 oz cilantro (chopped)
- 2 oz scallions (chopped)
- 1/2 quart water
- To taste salt & black pepper

Directions
This recipe can also be used to make canned salsa.
In a large pot, boil roma tomatoes in the water with the jalapeños and half of the onion. Simmer for about 10 minutes. Blend the mixture in a food processor with the oregano and cumin. Bring blended mixture back to boil and thicken with the rest of the tomatoes, onion, cilantro, and scallions. Simmer until desired consistency is achieved. Add salt and pepper to taste.

Recipe makes 8-12 servings of salsa.

Did you know?
Use of tomatoes for food originated in Mexico and they were imported to Europe in the 16th century by conquistadors. Before then, tomatoes were not used in European cuisine.

iGrow.org
livewellsiouxfalls.org