

# Tomato Fun Facts

- There are at least 10,000 varieties of tomato
- The smallest species of tomato are less than three-quarters of an inch in diameter (currant tomato) and come in a variety of colors.
- Botanically speaking, the tomato is a fruit, not a vegetable.
- Over 60 million tons of tomatoes are produced annually worldwide.
- Tomatoes have a natural ripening hormone called ethylene.
- Tomatoes belong to the genus *Lycopersicon*, which is in the nightshade family, same as the potato.
- Tomato plants are intolerant of frost and grow as annuals in colder regions. In warmer regions they are perennial and will flower regardless of the day length.
- Tomatoes do not naturally outcross very often, seeds of a tomato will produce plants resembling the parents. Early varieties did not change much because of this property and were kept in a family or community for generations, thus earning the name heirlooms.
- Names of heirlooms often reflect some of the history of the plant.
- D.J. Doster of Monroe, NC grew seeds he brought back from Germany after WWII for over 50 years and named them Belgium.
- The USA is the top tomato-producing county in the world, followed by China, Turkey, Italy and India.

<b>Nutrition Facts</b>	
Serving Size 149g	
<b>Amount Per Serving</b>	
<b>Calories</b> 31	Calories from Fat 4
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	1%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 13mg	1%
<b>Total Carbohydrate</b> 7g	2%
Dietary Fiber 2g	7%
Sugars	
<b>Protein</b> 1g	
Vitamin A	19%
Vitamin C	65%
Calcium	1%
Iron	4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com