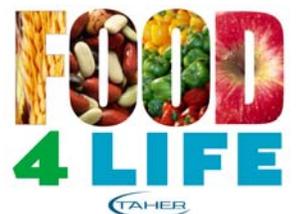




- ☆ An **heirloom** is an open-pollinated (non-hybrid) plant that was grown in an earlier time. Some heirlooms are **hundreds of years old** and others originated around the turn of the 20th century.
- ☆ An **heirloom tomato** is considered to be a variety that has been passed down through several generations of a family because of its valued characteristics.
- ☆ Hybrid tomatoes are more disease resistant, but fans of heirlooms say that heirlooms are **more tasty**.
- ☆ Heirlooms are grown by **natural gardening and seed saving**. Each season, you can grow the crop, harvest the food, save the seeds, and store them to grow next year's garden!





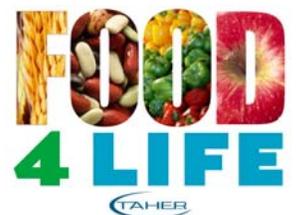
# HEIRLOOM TOMATO

- ☆ The tomato is in the same family as the potato, pepper, eggplant and petunia—the **Nightshade family**.
- ☆ Heirloom tomato cultivars can be found in a wide **variety of colors, shapes, flavors and sizes**.
- ☆ **Brandywine tomatoes** have the most “classic” tomato flavor and are the hardiest of the common heirloom varieties. Don't worry about grooves and bumps, these tomatoes are notoriously oddly shaped.
- ☆ Heirloom tomatoes have become **increasingly popular among home gardeners**. It's a fun hobby and you can enjoy the harvest too!



# HEIRLOOM TOMATO

- ☆ Tomatoes are rich in vitamins A, C and E and lycopene.
- ☆ They are heart healthy, good for your eyes, and believed to **help prevent cancer**.
- ☆ Tomatoes are **low in calories**. An entire pound of cherry tomatoes is only 100 calories.
- ☆ Tomatoes have **no fat and no cholesterol**.
- ☆ Heirloom tomatoes just can't be beat for their **outstanding flavor, and they are good for you too! ENJOY!**





# HEIRLOOM TOMATO

- ☆ Tomatoes can have little or no flavor **if picked too early** before the sugars develop.
- ☆ Tomatoes have been designated the state vegetable of **New Jersey**. In **Arkansas**, the tomato is both the state fruit and the state vegetable.
- ☆ The town of Buñol, Spain, annually celebrates La Tomatina, a festival centered around an **enormous tomato fight**.
- ☆ A **horn worm** can eat an entire tomato plant by itself in one day!

