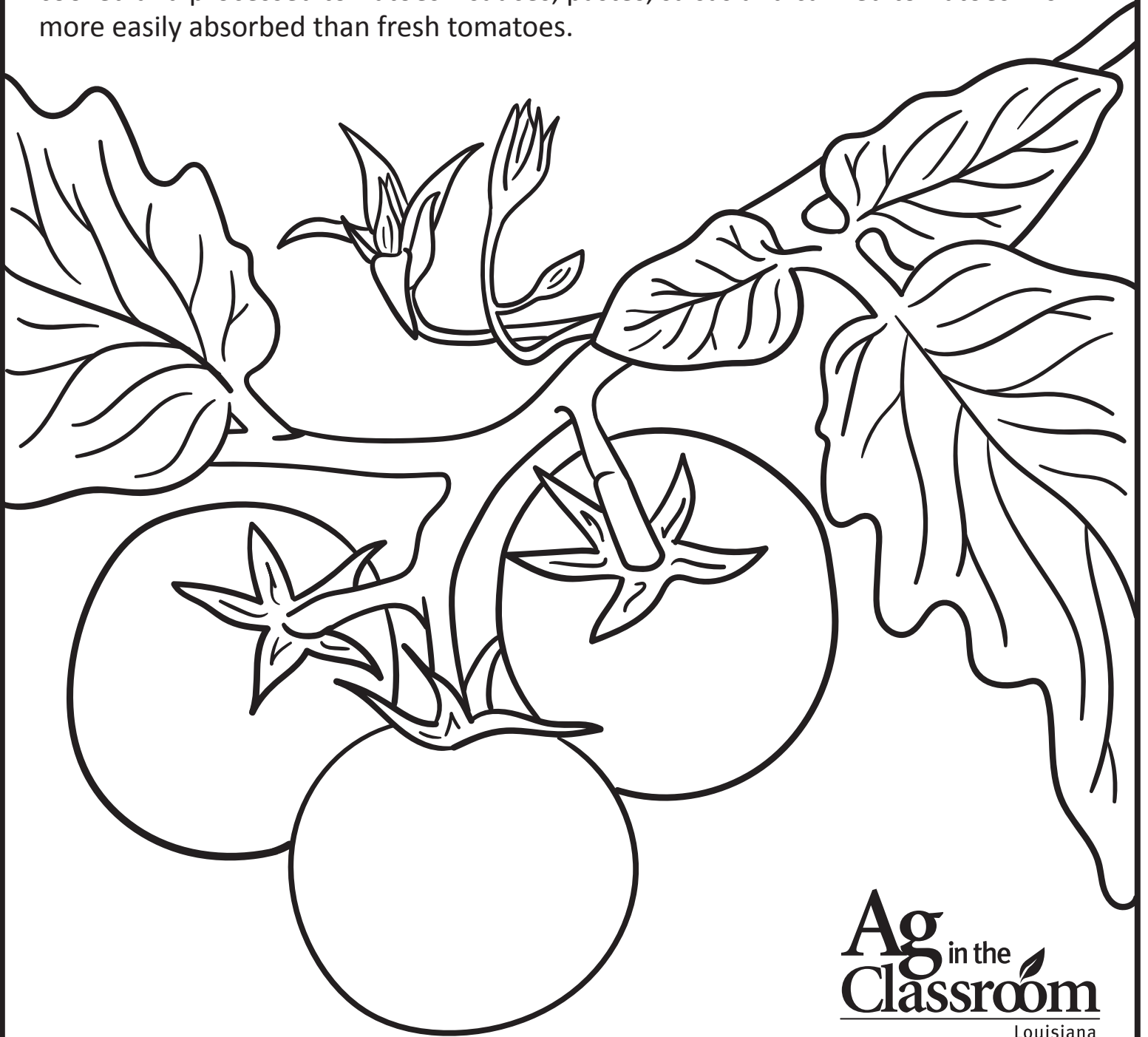


Tomatoes

Tomatoes are juicy, nutritious fruits commonly eaten as vegetables. Tomatoes do not lose their health benefits as they are processed and cooked. In fact, the lycopene in cooked and processed tomatoes—sauces, pastes, salsas and canned tomatoes—is more easily absorbed than fresh tomatoes.



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