

## Subject: April Newsletter- Hot house tomatoes

Hello and thank you for participating in the Griffin Hospital Produce Prescription Program!

Each month, we will send you a newsletter with a seasonal produce item that should be affordable, and you can often find locally grown at your local grocery store. Hope you enjoy some affordable, healthy and easy recipes featuring this month's produce highlight.

In April (and year-round), you can find hot house tomatoes the grocery store. Tomatoes (although botanists will claim it is a fruit) is a versatile vegetable. They are high in lycopene an antioxidant that helps keep your heart and immune system healthy. Tomatoes come in every size and color and because they can be grown so well in green houses can be purchased year round. When you are shopping look for bright colors with shiny skin, they should be soft, yet firm and heavy for their size. Smell is the best indicator or how fresh one is so give it a sniff!

Tomatoes in your kitchen:

- Keep your tomatoes at room temperature and use within a few days
- Refrigerate only when overripe to slow down spoilage
- Store unwashed and avoid stacking to prevent bruising
- Tomatoes can be sliced and added to sandwiches
- Diced and made into salsa or dips
- Or roasted whole and eaten or blended into sauce

Check out these recipe links that highlight Tomatoes:

<https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/roasted-tomatoes-herbs>

<https://snapedny.org/recipes/tomato-bruschetta/>

<https://www.mainesnap-ed.org/recipes/quick-tomato-pasta-sauce/>

<https://masnaped.org/recipes/salsa-fresca/>

Don't forget that if you don't like what you see here, Diabetes.Org has this searchable recipe filter that lets you search recipes by a variety of features. You can search for recipes by cuisine/regional preference: <https://www.diabetesfoodhub.org/all-recipes.html>

As always, if you have any questions or need support, please reach out to our team!