



Games - Play

Terra's Word Jumble

Terra Tomato needs your help unscrambling these tomato-related words.

tiruf should be _____

mtoato should be _____

eenyoelp should be _____

dfeli nrgwo should be _____

lgeaveebt should be _____

atmoto ceusa should be _____

svtianmi should be _____

pnrei should be _____

dalrFio should be _____

ottamo wroep! should be _____

_____!

Words to use are: tomato, Florida, tomato power!, tomato sauce, vitamins, lycopene, ripen, field grown, vegetable, fruit.



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Tomato Fun Facts

Did You Know that Tomatoes are:



\$\$ Rich in Vitamin C



Superheroes! They have antioxidants like beta-carotene and



Low in sodium



Have no cholesterol.



Actually a fruit, although almost always used like a vegetable.

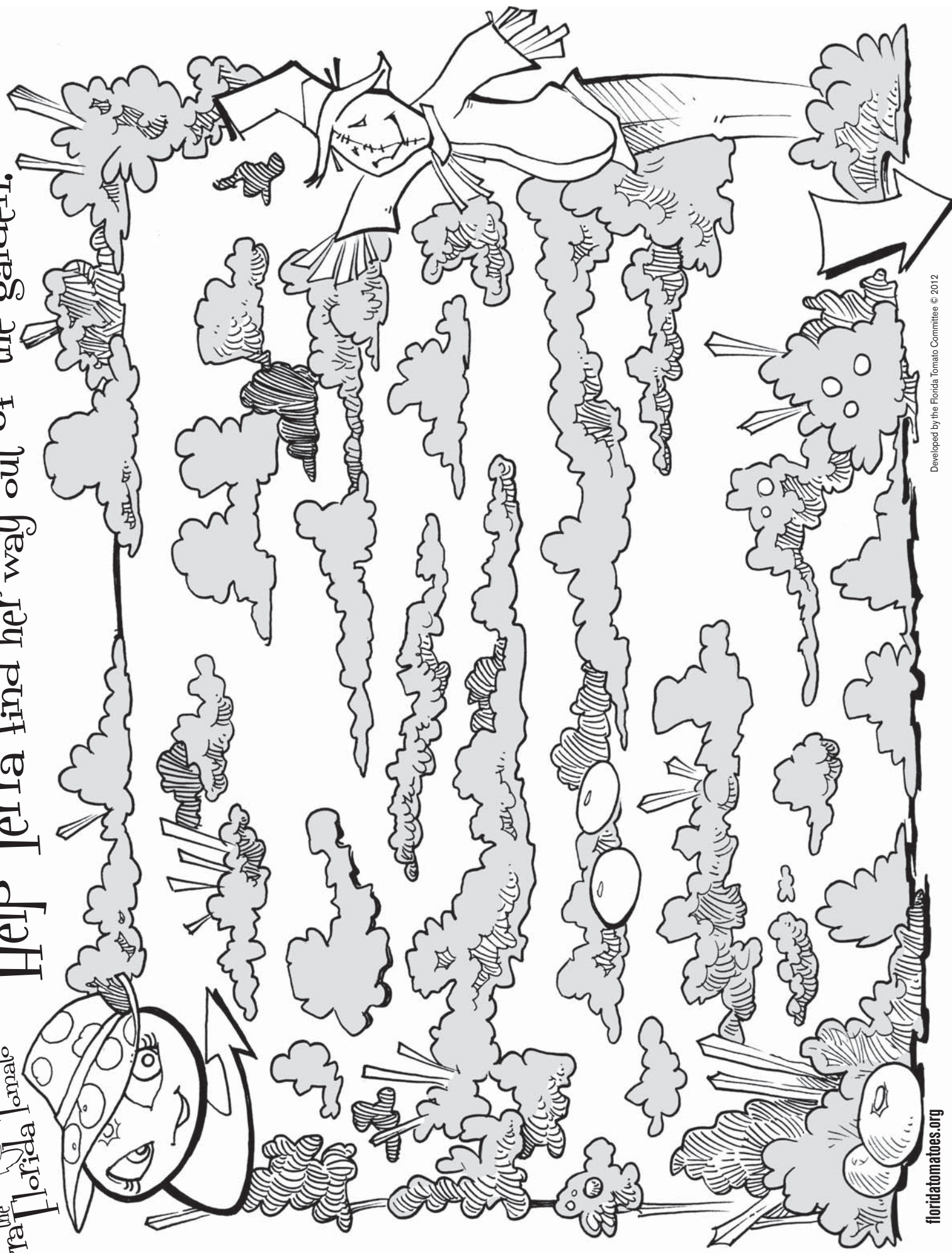


Back in 1893 the U.S. Supreme Court ruled that the tomato was a vegetable.



Were once thought to be poisonous.

Help Terra find her way out of the garden.



Word Jumble!

1. M T A T O O
2. N I O O N
3. I L C N T A O R
4. M I E L
5. A L S S A

Answers 1. TOMATO 2. ONION 3. CILANTRO 4. LIME 5. SALSA

Easy Cooking

Now you can help an adult make a very simple, yummy salsa with Florida tomatoes.

Ingredients

- 3 Large Florida tomatoes, diced
- 1/2 cup red onion, chopped
- 1/2 cup Florida bell pepper, chopped
- 1/4 cup fresh cilantro, chopped
- 1 lime, juiced
- 1 teaspoon powdered cumin
- Your favorite hot sauce (for heat)
- Kosher salt and fresh ground pepper to taste

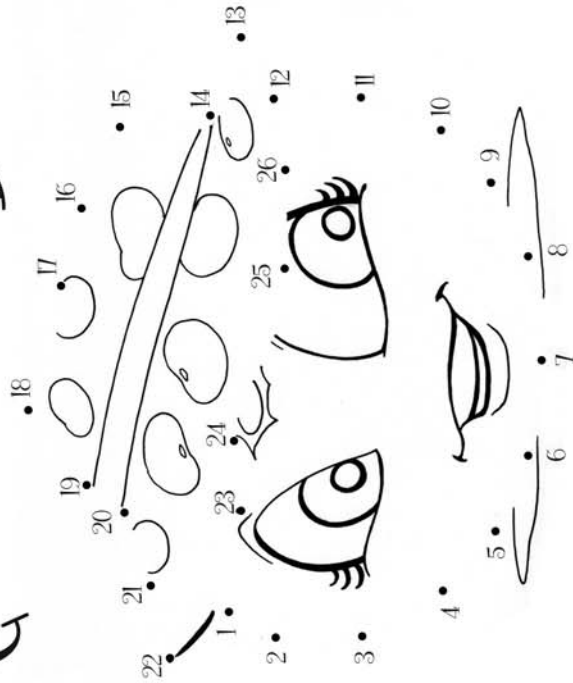
Preparation

In a medium sized mixing bowl, combine all ingredients. Stir to combine. Taste and adjust seasoning with salt, pepper and hot sauce.

Yields: 4 to 6 Servings

the Terra Florida Tomato

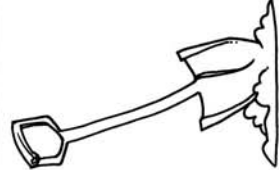
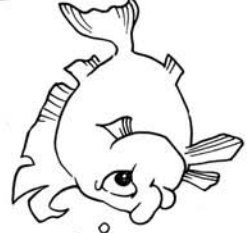
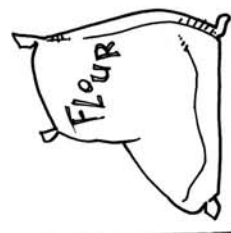
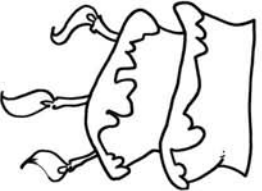
Connect the Dots



Tic Tac Tomato



Farming with Terra

		
	Pick 3 Items you need To Plant a Tomato!	