



September Harvest of the Month Morning Announcements

September's Harvest of the Month product is Tomatoes! Tomatoes provide a variety of vitamins and minerals such as vitamin A, vitamin C, magnesium, calcium, phosphorus, copper, iron and cobalt. In fact, 1 ½ small tomatoes provide more vitamin C than half a grapefruit. They are best grown in warm, sunny areas and can ripen on and off the vine. Did you know Americans were initially afraid of tomatoes until the 1830s due to Europeans thinking tomatoes were poisonous?