

# HEIRLOOM SMALL TOMATOES



## History

Heirloom tomatoes are varieties that have been passed down through several generations of a tomato family because of certain characteristics.

## Nutrition

The rainbow of colors of heirloom tomatoes indicate their diversity of antioxidants, which help protect our cells from aging.

## Fun Fact

Every variety is unique and has developed resistance to specific pests and diseases and adapted to specific growing conditions and climates.

# Growing and Harvest



- Tomato plants need 6-8 hours of sun a day to bring out the best flavor in the tomatoes.
- Farmers prune their plants to help them produce more tomatoes throughout the season.
- Heirloom tomatoes start to ripen in the summer months and the plants continue to produce tomatoes into the fall.

# Activities

How many different types of tomatoes can you count among the class? How many different colors or shapes?

List at least 3 adjectives to describe each type of tomato you taste!



## Tomato Harvest

These tomatoes are ready to be picked!  
Color the tomatoes with the number 5.



How many tomatoes with the number 5 did you find?

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