

ROMA TOMATOES



Tomatoes are members of the Solanacea or nightshade family along with the potato and eggplant. Roma Tomatoes are an Italian variety plum tomato. They are red in color, smooth skinned and oval to pear in shape. Low in both acid and sugar they have a mild tomato flavor with a subtle sweetness that is amplified when cooked. With very few seeds Roma tomatoes have a thick and meaty flesh that holds up well in both cooked and raw tomato preparations. Tomatoes are an excellent source of vitamins A, C, E and K. They are also low in fat and calories and high in potassium, folate and fiber. Roma tomatoes are available all year long.

Are tomatoes a fruit or vegetable??

Tomatoes are in the fruit family, but they are served and prepared as a vegetable. They are one of the most popular vegetables eaten by Americans.