


Tomatoes: Too Good To Waste



Store: Keep on the counter in a cool, dark place, stem-side down for up to 2 weeks. Ripe tomatoes may keep longer on the top shelf of the refrigerator.

 Freeze whole or cut (washed and patted dry) in a single layer in an airtight container/bag for up to 2 months. Best used in cooked dishes.

Cook: Eat raw, baked, broiled, grilled or sautéed; microwave covered 3-4 min.

Use it up: Add to salads, egg dishes, sandwiches or pasta. Use to make fresh salsa, tomato sauce or bruschetta... and compost the rest.



Developed by
LiveWellSD.org

Funded in part by the Centers for Disease Control and Prevention and in part by USDA SNAP-Ed, an equal opportunity provider and employer.