



# Know What You Grow!



## Tomato

**Scientific Name:** *Lycopersicon esculentum*

Tomatoes are described as determinate or indeterminate based on the plant's growth habit. Bush equals determinate. Vine equals indeterminate.

**Recommended Varieties:** For best results, choose tomato varieties that have been developed for disease resistance.

- [Anrcatalog.ucanr.edu](http://Anrcatalog.ucanr.edu)

The article in the link above lists numerous varieties of tomatoes and their attributes.

**Common Pest(s):** Hornworms

Source: Master Gardeners Handbook

Photos: Creative Commons

## Growing Information

### Warm Season Plant

The article in the link below divides the state into 3 growing zones for in California, Coastal, Inland and Central. Riverside County is zone B, inland valleys and high and low deserts and other inland areas where daytime temperatures regularly exceed 95°F during the summer growing season.

Each tomato plant, properly cared for, can yield 10-15 pounds of fruit. Varieties can vary greatly from a small cherry tomato to a large beefsteak tomato.

### Ideal Planting Window

Inland Valley - April - May

Desert - December - March

### Growing Guidance

#### Further information:

[Nature Fresh Farms](http://NatureFreshFarms.com)

[Anrcatalog.ucanr.edu](http://Anrcatalog.ucanr.edu)



## Interesting Facts

The **tomato** (*Lycopersicon esculentum*) is a botanical [fruit](#) (but not a fruit as ordinary people use the word). Many people consider them [vegetables](#).

It's thought that tomatoes originally came from Peru. It is shiny and smooth. It has many small seeds. It is also very good for health. Most tomatoes are red. The tomato is green when it is unripe. It slowly changes color from green to red as it gets ripe, and as it gets ripe it gets bigger. There are many different types of tomatoes. Some kinds of tomato are yellow, pink, orange, purple or even white when they are ripe. Tomatoes are used a lot in [Italian food](#). They are also used to make ketchup. Tomatoes are called fruit, because they contain seeds.

Did you know Heinz Tomato Ketchup has a speed limit? If the yummy sauce pours at more than 0.028 mph when it's in the Heinz Tomato Ketchup factory, it's considered too runny and rejected!

Tomato seedlings have been grown in space before!

[KidsKiddle](#)

[Natgeokids](#)

## Nutritional Information

### Nutritional Value

Calories: 18, Water: 95%, Protein: 0.9 grams, Carbs: 3.9 grams, Sugar: 2.6 grams, Fiber: 1.2 grams, Fat: 0.2 grams.

Tomatoes are a good source of several vitamins and minerals. The water content of tomatoes is around 95%. The other 5% consists mainly of [carbohydrates](#) and [fiber](#).

[Healthline](#)

### Recipe:

#### Tomato & Mozzarella Bites



Use sturdy wooden toothpicks, roughly 3 inches long, for this recipe. Regular toothpicks are too short. Fresh baby mozzarella balls packed in water are tender and soak up the oil best; shrink-wrapped mozzarella won't be as good.

#### Ingredients:

8 grape or cherry tomatoes  
8 baby mozzarella balls  
1 tablespoon extra-virgin olive oil  
8 fresh small basil leaves  
salt and pepper

#### Prepare:

Cut tomatoes in half and place in a medium bowl. Add mozzarella and sprinkle with salt and pepper to taste, then toss gently.

Slide tomato half onto sturdy wooden toothpick. Slide basil leaf onto toothpick, then slide mozzarella ball onto toothpick.

[America's Test Kitchen Kids](#)

## Contact Information



**RIVERSIDE COUNTY MASTER GARDENERS**

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