



Tomatoes

We have a fabulous assortment of heritage tomatoes available in the Farm Stand. Choose from ready-made quarts and pints, or build your own quart!



Tomatoes! They're sweet, juicy, and delicious. Everyone knows they are good for you, but do you know why? Let's look at why the tomato is such an excellent healthy choice!

In a recent blog "Surprising Health Benefits of Tomatoes" author Jo Ann Le Quang extolls the benefits of tomatoes, and explains the reasons for their virtues.

According to Le Quang, one cup of red, ripe, raw tomatoes is a good source of Vitamins A, C, K, folate and potassium. Tomatoes are naturally low in sodium, saturated fat, cholesterol, and calories. Tomatoes also provide thiamin, niacin, vitamin B6, magnesium, phosphorus and copper, all of which are necessary for good health. So what are some of the benefits of eating tomatoes?

HEALTHY SKIN: Beta-carotene helps protect skin against sun damage. Tomatoes' lycopene also makes skin less sensitive to UV light damage, a leading cause of fine lines and wrinkles.

STRONG BONES: The vitamin K and calcium in tomatoes are both very good for strengthening and repairing bones. Lycopene also has been shown to improve bone mass, which is a great way to fight osteoporosis.

BLOOD SUGAR: Tomatoes can keep your blood sugar in balance. Tomatoes are a very good source of chromium, which helps to regulate blood sugar.

VISION: Tomatoes can improve your vision. The vitamin A that tomatoes provide can improve vision and help prevent night blindness. Recent research shows that consuming tomatoes may help reduce the risk of macular degeneration, a serious and irreversible eye condition.

The Farm Stand

Our on-site farm stand is open daily **8am to 8pm** and features farm fresh produce, frozen meats and a variety of preserves – all from our farm! This week, you'll find:

Salad Greens	Garlic	Tomatoes
Sprouts	Basil	Potatoes
Zucchini	Chard	Collards
Carrots	Beans	Parsley
Lamb Sausages	Pork Sausages	Pork Chops
Ground Beef	Ground Pork	Stew Beef
Ferments	and more!	

We also have beef ribs, beef roasts, pork roasts, beef bones, and soup chickens available – call ahead to order these for pick up (there's not enough room to stock them in the Farm Stand!!).

Meat chickens will be available again on Tuesday.

SAVE THE DATE

Plan to join us at the Farm Stand

Tuesday August 30th at 6:00pm

for the next in our series of Kitchen Table Talks,

featuring

Zucchini and Tomatoes

plus BONUS: Heirloom Tomato tasting!!

Learn about the health benefits of these great foods, and get ideas for serving them up for your family!



Thyme
Again
GARDENS

Bed & Breakfast
Organic Farm

Incredible Wild Edibles

Available this week at the Wellington Market and in the Farm Stand – a new peachy, lemony smoothie recipe using edible wild greens from our farm. Only \$2.75 per package of greens. Makes 2 servings!