Fresh Vegetable

GREEN TOMATO



Ref: TOM-04

Italian name: Pomodoro Verde

Weight Order: 5-6 kg

Description: Green when fully ripe, this medium to large tomato has firm meat with a distinctive tomato flavor. The taste is somewhat tart and mildly acidic. An excellent source of vitamins A and C, tomatoes are low in calories, cholesterol-free, contain potassium and provide folate and fiber. Tomatoes are noted for containing the antioxidant compound lycopene, which may help protect against prostate cancer and heart disease.

Season: from May to September

Serving Suggestion: Traditionally, green tomatoes are served fried. Green tomatoes are also ideal for pickling. Try cold smoking them then cook into a marmalade or sauce to be served on pizza, pasta and sandwiches.

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