Tomato

Vegetables - تعليقات (0) - Tom Mckeown - 2026-11-20

Tomatoes are warm-season fruits (botanically) that belong to the nightshade family, though they're commonly used as vegetables in cooking. They're rich in vitamin C, potassium, and lycopene, a powerful antioxidant that gives tomatoes their red color.

There are numerous varieties including determinate types (bush tomatoes that ripen all at once) and indeterminate types (vining tomatoes that produce continuously). Popular varieties include cherry tomatoes (small and sweet), beefsteak (large slicing tomatoes), roma (paste tomatoes), and heirloom varieties with unique flavors and colors.

Tomatoes thrive in warm temperatures between 70-85°F and require full sun, well-drained soil, and consistent watering. They're typically started from seed indoors 6-8 weeks before the last frost, then transplanted outdoors once soil temperatures reach at least 60°F.

The plants require support through staking or caging as they grow, and fruit is ready to harvest when fully colored but still firm. Tomatoes can be eaten fresh, cooked in sauces, preserved through canning, or dried. They should be stored at room temperature for best flavor, only refrigerating once fully ripe.