

JULY 2022



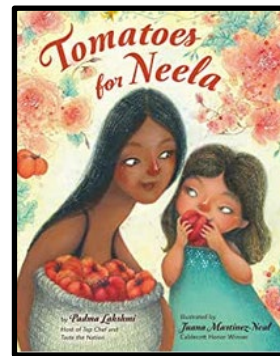
Ag in the Classroom Book of the Month

TOMATOES FOR NEELA

by *Padma Lakshmi*

Neela loves cooking with her amma and writing down the recipes in her notebook. It makes her feel closer to her paati who lives far away in India. On Saturdays, Neela and Amma go to the green market and today they are buying tomatoes to make Paati's famous sauce. But first, Neela needs to learn about all the different kinds of tomatoes they can pick from. And as Neela and Amma cook together, they find a way for Paati to share in both the love and the flavors of the day.

Bestselling author and host of Bravo's *Top Chef* and Hulu's *Taste the Nation* Padma Lakshmi takes young readers on an intergenerational journey full of delicious flavors and fun food facts that celebrates a family's treasured recipes.



Fun Facts:

- Juicy, succulent and packed with vitamins A and C, tomatoes may be the healthiest fruit there is. Yes, a fruit – a berry, to be exact. They're an important source of lycopene (a powerful antioxidant) as well as potassium, iron and calcium.
- Georgia tomatoes are available much of the year, from mid-May through mid-November. Tomatoes are grown in southwest Georgia and are one of the state's top cash crops.
- There are around 10,000 varieties of tomatoes all over the world that can be a wide range of colors, from pink to purple, yellow to white, and sometimes even as dark as black. There are tomatoes that can be striped or spotted as well. Tomatoes have been cultivated by humans for centuries.

Videos:

- Farm Monitor: [Walter Reeves -- Planting And Growing The Best Tomatoes](#)
- [TOMATO | How Does it Grow?](#)
- [HEIRLOOM TOMATO | How Does it Grow?](#)

Activities:

- [Plant tomatoes in a garden](#)
- [Plant tomatoes in a 5-gallon bucket](#)
- [Make tomato sauce in a slow cooker \(you can leave out the ground beef\)](#)
- [Tomato Trivia Lesson for K-2](#)
- [Life Cycle of a Tomato Plant, Labels, Diagrams, STEM, Living Things Change/Grow](#)
- [Sponge art tomatoes](#)
- [Pick your own tomatoes](#)
- [Tomato coloring page](#) and [bookmark](#)

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