

# September Harvest



Photo by Giselle de Roche <http://breakfastlunchdinnerandpunch.blogspot.com>

## Tomatoes!

# Tomatoes: Fruit? Or vegetable?

- Botanically, a tomato is a FRUIT: the part we eat is the ovary, a seed sack with seeds inside, and that defines a fruit. BUT, it has less sugar than other fruits, so we don't usually eat it like we eat other fruits. SO...



- Legally, the tomato is a VEGETABLE: in 1893, the US Supreme Court declared tomatoes a vegetable because we eat them in salads and with dinner, like other vegetables. Why did the Supreme Court care? There were import taxes on vegetables, but not on fruits.

**Most Americans eat their tomatoes processed in ketchup, pasta sauce or salsa...but they are great all by themselves. Give one a try!**



Try the Harvest of the Month lunch with an open mind... and don't forget to thank your server!