



Farmer of the Month

Meet James, Kathy, Julia, Jayne, and Jordan Brandt of Julia's Fruit Stand, one of the many family farmers who grew the tasty tomatoes you are tasting this month!!

Meet the Farmers

Who: James, Kathy, Julia, Jayne, and Jordan Brandt

Where: Julia's Fruit Stand
Dairyville, CA
Tehama County

What: Heirloom tomatoes, squash, cucumbers, peppers, eggplant, pumpkins, watermelon, peaches, and nectarines

The Brandt family has a long farming history. The father, James, had been farming prunes and walnuts for many years with his father. Then in 2001, the family started to sell the extra fruit and veggies from their garden at a fruit stand. Julia's Fruit Stand got its name from their eldest daughter,



who is now 12 years old. Each year it has grown and today the whole family helps out, including their younger daughters Jayne and Jordan.

The Brandt family specializes in growing many types of heirloom tomatoes, including varieties like Caspian Pink, Mr. Stripey, Green Zebras, Juliette, Purple Russian, and Lemon Boy. An heirloom is a garden plant that has a history of being passed down within a family, just like pieces of heirloom jewelry or furniture. Kathy loves tomatoes! She says, "I eat them with every meal in the summer, in salads, on toast, in fresh pasta sauces, and on my favorite sandwiches."

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Month
Network for a Healthy California

September

Tomatoes come in a variety of colors including red, orange, yellow, green, purple, pink, black, white, and even striped!

When choosing tomatoes at the market, look for ones with brighter, deeper colors. They not only taste better, but contain higher amounts of antioxidants. However, tomatoes do not stop ripening after they are picked. Tomatoes left out at room temperature will continue to ripen. To store tomatoes for longer periods of time, you can refrigerate or freeze them.

In 1893, the US Supreme Court ruled that tomatoes are a vegetable. However, since they house the seeds of the plant, they are botanically a fruit.

Tomatoes are rich in nutrients called antioxidants. Antioxidants help protect our heart and body's cells against damage and cancer. Not only do tomatoes contain the antioxidants, vitamin C, vitamin A, but they contain lycopene which is a carotenoid. Carotenoids offer our bodies protection and give tomatoes their reddish color.

Other nutrients found in tomatoes are fiber, vitamin K, and potassium. These nutrients help with digestion, are important for a healthy nervous and circulatory system, and healthy muscle function.

Although tomatoes are enjoyed fresh from the farm, try adding some to recipes like "Vegetable Quesadillas," listed on this page. This recipe is delicious and makes a healthy meal or snack.



Vegetable Quesadillas

Makes 4 servings: 1 tortilla per serving

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients:

Nonstick cooking spray
½ cup chopped green bell pepper
½ cup frozen corn, thawed
½ cup sliced green onion
½ cup chopped tomato
2 tablespoons chopped fresh cilantro
4 (6-inch) flour tortillas
½ cup shredded reduced fat Cheddar or Monterey Jack cheese

Preparation:

1. Spray a medium skillet with nonstick cooking spray. Saute bell pepper and corn over medium heat until softened, about 5 minutes.
2. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.
3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned. Serve while hot.

Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg

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