Tomato (Solanum lycopersicum)

Origin
Tomato, a fruit, was originally grown in Mexico and surrounding areas. Spanish colonization spread the tomato worldwide. (Above picture, Beefsteak Tomato).

Food Production
Tomatoes grow on vines, needing about 7 hours of sunlight each day. They vary in size from 2cm up to 6cm around. There are over 7000 tomato varieties. Tomatoes are popular in home gardens as well as commercial gardens.

Nutritional Qualities
Tomatoes contain carotene lycopene, a natural antioxidant, and may protect the skin. They contain high amounts of vitamin C and vitamin A.

Famous Dishes
Tomato soup, juice, sauce, paste, salsa, gazpacho, ketchup, in salads and on sandwiches.