

Cherry Tomato

Grow and Harvest

When Start tomato seedlings indoors or buy transplants from a garden center. Transplants should have 3-4 sets of healthy green leaves. Tomatoes are tender plants so they should not be planted before the frost-free date. Waiting to June 1st often works best because the soil is warmer and the risk of frost is low in Minnesota.



Where Plant in well-prepared, well-drained soil in 8-10 hours of full sun. Cherry tomatoes grow well in large containers.

How Plant transplants at least 2 feet apart. Set plants at the same depth they were growing in the containers. If plants are leggy, plant them on their sides and lightly cover the long stems with soil. The tips will quickly turn upward and the buried stems will sprout new roots. They will likely need to be staked or caged. One inch water is needed per week. Mulch plants to maintain even soil moisture. Watch for aphids, mites, caterpillars and beetles. Also watch for blossom end rot.

Harvest Pick tomatoes when ripe. Overripe fruit attracts yellow jackets and earwigs.

Eat and Enjoy

Wash gently in cold water. Store at room temperature out of direct sunlight. Tomatoes taste best if they are not refrigerated. Only refrigerate if you can't eat them all before they spoil. They are easy to freeze and work well in soups and stews.

Tomatoes are an excellent source of vitamins A and C and a good source of vitamin K and potassium.

Roasted Cherry Tomatoes

Spread tomatoes on a rimmed baking sheet. Drizzle with olive oil. Season generously with Italian seasoning, pepper, minced garlic and a pinch of salt. Toss gently to coat. Tuck thyme or rosemary sprigs into mixture. **Roast** at 300°F about 1 hour or until tomatoes are shriveled but not all have burst. Cool tomato mixture to room temperature. Discard thyme or rosemary. **Store** tomatoes with oil and accumulated pan juices in an airtight container in the refrigerator up to 2 weeks, or freeze up to 2 months. **Serve** the roasted cherry tomatoes on bruschetta, in a pasta toss, on pizza, in sandwiches, as a steak topper, or in a whole-grain bowl.

Cherry Tomato Nutrition Facts	
Serving Size: 1 cup	149 g
Amount Per Serving	
Calories 27	
% Daily Value	
Total Fat 0.3g	0 %
Sodium 7.5mg	0 %
Total Carbohydrate 5.8g	2 %
Dietary Fiber 1.8g	7 %
Sugar 3.9g	
Protein 1.3g	3 %
Vitamin A 25 % • Vitamin C 34 %	
Calcium 1 % • Iron 2 %	
Daily values are based on 2000 calorie diet. www.nutritionvalue.org	

Sources: www.fruitsandveggiesmorematters.org

The Midwest Fruit and Vegetable Book-Minnesota Edition by James A. Fizzell

www.extension.umn.edu/vegetables/growing-tomatoes-home-gardens