

Heirloom Tomatoes

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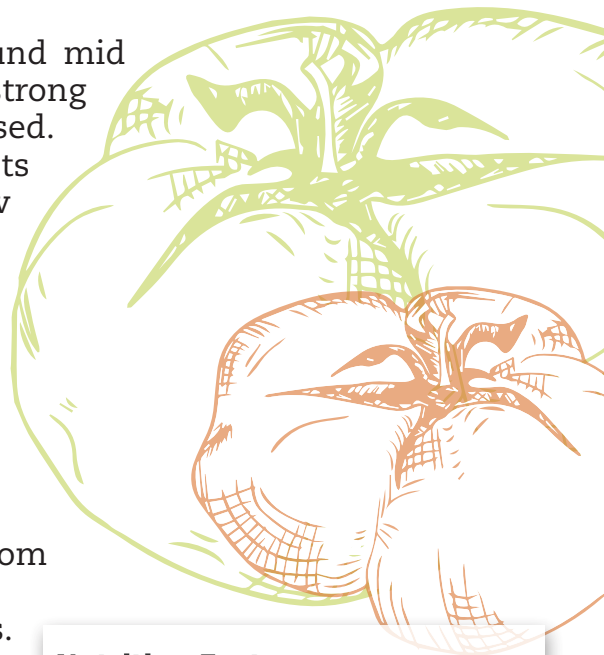


What is an heirloom?

Heirloom seeds are open-pollinated seeds that have not been exposed to hybrid breeding. Open-pollination simply means that a plant has been pollinated in natural form: wind, self-pollination, or insects, for instance. There are more than 3,000 varieties of heirloom or heritage tomatoes in active cultivation worldwide and more than 15,000 known varieties (heirloomtomatoplants.com).

In Louisiana, tomato seeds should be planted indoors around mid February, this assures that the tomato plant will be big and strong enough to plant outdoors when the last threat of frost has passed. Planting tomatoes in April, May or June, only plant tomato plants (not seeds) outdoors because it takes a while for the seed to grow into a nice size seedling.

Heirloom tomatoes come in all shapes and sizes with stripes and all colors, and always with superior flavor. Here is a list of some common and delicious heirloom tomato varieties:



- **Cherokee Purple** – A rich flavor and texture makes this a colorful favorite among heirloom enthusiasts. Medium-large, flattened globe, 8-12 oz. fruits. Color is dusky pink with dark shoulders. The interior ranges from purple, to brown, to green. Relatively short vines.

- **Green Zebra** – Green-striped salad specialty. The 3–4 oz. fruits are the ideal size for slicing into wedges for salads. Productive over a long season.

Nutrition Facts

Serving Size 1 tomatoes

Amount Per Serving	70	% Daily Value*
Calories		
Total Fat 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 10mg		0%
Total Carbohydrate 14g		5%
Dietary Fiber 2g		7%
Sugars 8g		
Protein 2g		
Calcium 40mg		3%
Iron 0.7mg		4%
Vitamin A 2000 IU		40%
Vitamin C 48mg		53%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

12 Net Carbs Per Serving

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Heirloom Tomatoes (continued)

- **Striped German** – Bicolor red and yellow fruit. The flat, medium to large tomatoes are shaded yellow and red. The marbled interior looks beautiful sliced. Complex, fruity flavor and smooth texture. Medium-tall vines bear 12+ ounce fruit.
- **Speckled Roman** – Strikingly red sauce tomato with yellow streaks. Speckled Roman is an elongated plum tomato, average 6-8 ounce, with bright red skin and golden streaks. Meaty red flesh has little juice, is good for fresh eating, and cooks quickly into sauce. Excellent flavor.
- **Yellow Pear Cherry Tomato** – Distinctive petite salad tomato. The tall, vigorous vines bear quantities of small, 3/4 – 1 ounce, lemon yellow, pear-shaped fruits. Mild flavor.

Developed by Stephanie Elwood, SUAREC Extension Associate

Sources: <https://www.myfooddiary.com/foods/7244882/heirloom-tomatoes>

Photos & descriptions: johnnyseeds.com



Recipe

What can I do with Cherokee Purple tomatoes?

The sliced Cherokee Purple tomato is delicious either plain or sprinkled with salt. If a hot dish is preferred, Cherokee Purple tomatoes can be diced and briefly sautéed with pasta. These heirlooms can also be grilled, used as a pizza topping, or added raw to a halved and toasted baguette for bruschetta.

Caprese Salad

INSTRUCTIONS

Slice one tomato. Layer with slices of fresh mozzarella. Tear or cut about 10 fresh basil leaves and spread around the tomatoes. Add salt and pepper to taste. Drizzle with olive oil and a little Balsamic vinegar. Eat and enjoy!

Sources: southernhospitalityblog.com; specialtyproduce.com



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