

Tomato



Tomatos are a good source of fiber, Vitamin A and C. It also contains lycopene which is a very powerful antioxidant.



Tomatoes have been confused as vegetable, but since it has seeds and grows from a flowering plant, it is a fruit.



Tomatoes are locally grown in Hawaii, but are also imported.

Tomatoes grow on vines, and also grow in different colors other than red such as green, yellow, orange, black, brown, white, and purple.

