



Gleaning Tomatoes



Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 cup of tomatoes, **Protein:** 2 g, **Fat:** .25 g, **Carbohydrates:** 10 g, **Fiber:** 2 g, **Sugar:** 6 g, **Calcium:** 26 mg, **Magnesium:** 22 mg, **Potassium:** 523 mg, **Vitamin C:** 55 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: *Beans and Tomatoes with Garlic*

Season: *Summer*

Ingredients: 1/4 cup of Olive Oil, 5 cloves garlic, thinly sliced, 2 (15oz) cans cannellini beans, drained and rinsed, 1-3/4 cups cherry tomatoes, halved, 1 cup chicken broth, salt and pepper to taste.

- Instructions**
1. Heat oil in a Dutch oven over medium heat. Cook garlic until golden, about 5 mins. Stir in beans and cook 5 mins. Stir in tomatoes and cooks 5mins more.
 2. Pour broth over bean mixture; stir. Simmer until liquid is reduced by half, about 15mins. Add salt and pepper to taste.

Fun Facts:

- ★ Americans eat between 22 - 24 lbs of tomatoes per person per year.
- ★ 93% of American gardeners grow tomatoes.
- ★ Tomatoes are grown in all 50 states.
- ★ As of 2007, Americans spend more on salsa than tomato ketchup

Source: tomatodirt.com

For more information on **Farmers Against Hunger and NJ Agricultural Society,**
Or to make a donation,

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