



## British Tomato Fortnight!

## Do You Have The Best Tomato Recipe?!

### Did You Know?

- ✓ In Britain we eat around 500,000 tonnes of fresh tomatoes every year. That's 160g per person!
- ✓ British growers currently produce around a fifth of all the tomatoes we grow – around 100,000 tonnes.
- ✓ In total, Brits spend £921M on tomatoes annually. Of this, around £190M is on British grown tomatoes!
- ✓ High in lycopene, tomatoes increase your defences against cancer, heart disease and other chronic diseases.
- ✓ They're packed full of vitamins A, C and E. Combined, these help keep your skin, bones and teeth in tiptop condition, as well as boosting your immune system.

It's time to celebrate **British Tomato Fortnight!** Check out this link for delicious recipes: <https://www.britishtomatoes.co.uk/recipes>

**BRITISH**  
GROWERS  
**CONFERENCE**  
ASSOCIATION  
**TOMATO**



Why not have a go at **growing your own** tomatoes this year to cook with?

[https://www.gardenersworld.com/how-to/grow-plants/how-to-grow-tomatoes/#:~:text=To%20grow%20tomatoes%20successfully%2C%20you,%20and%20indeterminate%20\(cordon\).](https://www.gardenersworld.com/how-to/grow-plants/how-to-grow-tomatoes/#:~:text=To%20grow%20tomatoes%20successfully%2C%20you,%20and%20indeterminate%20(cordon).)



Recommended by: *Mrs Ford*



Don't forget to share your progress on Teams 😊