Tomatoes are grown commercially all over Oregon but most are grown in Benton, Linn, Lane, Douglas, Jackson, and Josephine counties.

Oregon tomatoes are usually harvested between the months of July and September.

OREGON TOMATOES



- Lycopene, the pigment that makes tomatoes red, is an antioxidant that promotes heart health and keeps the immune system healthy.
- Tomatoes are an excellent source of vitamin C.
- ~ Tomatoes are a good source of vitamin K.

Tomatoes are one of the most popular produce items eaten in the United States.





On Oregon farms, one acre produces approximately 46,000 pounds or 23 tons of tomatoes.



Tomatoes can be green, yellow, orange, pink, red, brown, white, and purple.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2015 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.



Botanically, tomatoes are considered a fruit, but they are prepared and served as a vegetable.

