



Medley Tomatoes

#MP784 | 10/Lb

Overview:

Medley grape tomatoes are the same red tomato we are used to, but with multiple color varieties in each case. Depending on the season and region grown, potential color varieties include red, yellow, orange, green, and purple!

Growing Region:

Depending on the time of year, Medley Grape tomatoes are grown in various regions. Right now, our Medley grape tomatoes are coming from Mexico, but they are also grown in Florida, California, and Canada. At certain times of the year, and especially when supply is low, Medley Grape tomatoes can be much more expensive than the red variety on its own.

Nutrition:

Medley tomatoes are as tasty as they are nutritious. Grape tomatoes are low in fat, calories, and are also a good source of fiber. They also contain the antioxidant, lycopene, as well as a good amount of Vitamins A & C.

Preparation:



Medley Grape tomatoes can be eaten whole or used in salads and many other dishes. Remember to rinse these under water in a colander, and then dry with paper towel before eating.

