



Tomato

Did you know?

Fruits and vegetables provide higher yield per unit area compared to staple cereal crops. They can be produced without tractors and ploughing oxen in homestead simply with hand tools, family labor, and minimum external inputs (without inorganic fertilizer and pesticide). Therefore, fruits and vegetables enable rural households to achieve food and nutrition security from a small plot of land with minimum production inputs. Most vegetables have a shorter growing season compared to major staple cereal crops (sorghum, finger millet, maize, etc.). They can be harvested two to three times per year, which helps mitigate seasonal food shortages.

What about me?

...How do I grow?

...What are my health benefits?

...What is my nutritious value?



How do I grow?

– Facts & Figures



Water requirement
400–600 mm



Fertilizer/compost:
12–20 ton/ha



Day:
21–27 °C
Night:
10–20 °C



Yield/ha:
30–35 tons on farmer lands



Growth period:
4–5 months
Types of sowing:
directly or through transplanting
Time of transplanting:
40 days after emerging



Soil type:
light loam soil with pH 5–7
Spacing b/n plants:
100 x 30 cm
Intercropping:
Slettuce, spinach, onions, garlic, carrots, Swiss chard



Fertilizer/vermicompost:
10.5–15 ton/ha



Altitude for growth:
700–200 masl = suitable
1100–1900 masl = highly productive



Seed Rate:
0.5 kg/ha



Date of germination:
after 8 days
Duration on the bed:
28–40 days = 4–6 weeks
Plant population/ha:
33,330



What is my nutritious value?

– General Nutrition Guidelines

Vegetables and fruits are rich sources of vitamins, minerals and fiber. Minerals and vitamins help our body fight diseases and function properly. Fiber absorbs harmful chemicals, slows digestion, and improves the absorption of nutrients from food. Some fruits and vegetables are rich in carbohydrates (potato, sweet potato, banana, mango, etc.) and fat (avocado, etc.), which are essential for energy. To the extent possible, one should eat a variety of fruits and vegetables of different colors such as banana, papaya, kale, carrot and tomato every day.

A boiled tomato contains per 100g:

- Rich in mineral (calcium) and fiber
- Excellent source of vitamin A, vitamin C, and vitamin K
- **Vitamin A:** helps form and maintain healthy teeth, bones, soft tissue, mucous membranes, and skin.
- **Vitamin C:** antioxidant that promotes healthy teeth and gums. It helps the body absorb iron and maintain healthy tissue. It is also essential for wound healing.
- **Vitamin K:** needed because without it, blood would not stick together and important for bone health.
- Carbohydrates: 3.9g
- Energy: 20.5kcal
- Fat: 0.1g
- Iron (Fe): 0.5mg
- Proteins: 1g

Recommended serving per day:

Average population:

eat 2 tomatoes

Children 2–5 years old:

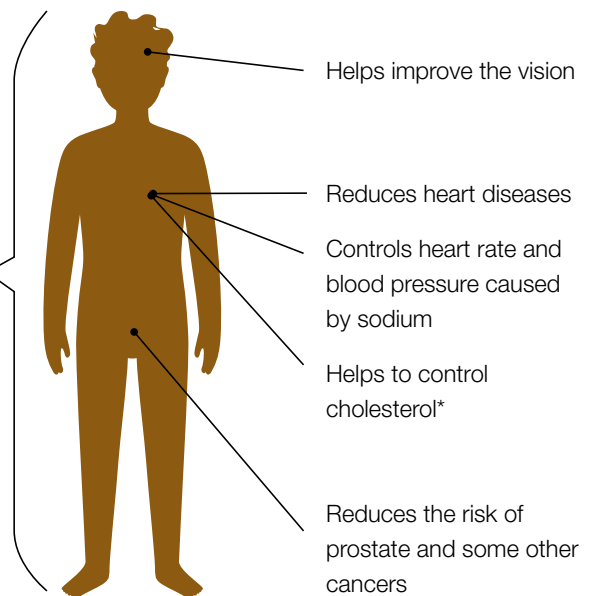
eat 2 tomatoes

Children 6–18 years old:

eat 2 tomatoes



Protects the skin from sunburns and so offers some defense against skin cancer



* Cholesterol is a substance that helps build cells and vitamins but an excess of it is unhealthy.