

A TOMATO A DAY...OR MORE!!

Tomatoes are one of the most commonly grown garden vegetables. When tomatoes were first brought to Europe in the 1500's, the fruit was thought to be poisonous. What a long way it has come as it is now considered a potent cancer fighter. Dr. Edward Giovannucci of Harvard Medical School completed a review of 72 studies of the role of the tomato in reducing the risk of cancer. Overall, 57 of these studies showed a higher intake of tomatoes may help to reduce cancer, 35 studies showed a strong significant connection.

In these studies, cancers affecting the prostate, lung, and stomach showed the greatest risk reduction, although benefits were also suggestive for cancers of the pancreas, colon, esophagus, mouth, breast, and cervix.

Lycopene, a compound primarily found in tomatoes, is the likely source of cancer protection, although there are “numerous other beneficial compounds present in tomatoes, and conceivably, complex interactions among multiple components may contribute to the anticancer properties of tomatoes”, said Dr. Giovannucci.



Lycopene is available in a supplement that may be taken daily, as well as a Lycopene and Pomegranate combination which adds hugely to the anti-oxidant qualities.

So – grow, grow, grow your tomatoes this year in your garden!! Add them to all your recipes, make sauce to freeze for the winter, dry them to use as a garnish in salads all year long, even eat them as a juicy satisfying fruit any time of day.