

A series of commodity insights

## Overview

- Tomatoes are the second most consumed vegetable in the U.S, behind potatoes.
- In 2017, fresh market and processed consumption was 20.3 pounds and 73.3 pounds per capita.
- Fresh-market tomatoes are produced in every state, with commercial-scale production in about 20 States.


# Tomato 

Family: Solanaceae Species: S. Iycopersicum
Genus: Solanum
Kingdom: Plantae

## Nutritional Information 1 med; whole ( 123 g )

Production
 grower price for fresh tomatoes is: \$37.30/cwt

| Total Fat 0.2 g | Vitamin A 20\% | $\vdots$ |
| :--- | :--- | :--- |
| Cholesterol 0 mg | Calcium 1\% | $\vdots$ |
| Sodium 6 mg | Vitamin C 28\% | $\vdots$ |
| Potassium 292 mg | Iron 1\% | $\vdots$ |
| Total Carbohydrate 4.8 | Vitamin B-65\% | $\vdots$ |
| Dietary Fiber 1.5 g | Magnesium 3\% |  |
| Sugar 3.2 |  |  |
| Protein 1.1 g |  |  |

Tomato Anatomy

(Image: Kazakova Maryia/Shutterstock)

