

Rose Tomato:
(*Solanum lycopersicum*)

This organic/heirloom seed variety came from Dr. Grace Kaiser, a New Holland, PA physician. She was given the seed from one of her Amish patients. This tomato produces beautiful deep, rose-pink, 3-inch meaty tomatoes that offer incredible taste and texture.

<u>Planting Depth</u>	<u>Seed Spacing</u>	<u>Spacing after Thinning</u>	<u>Soil Temperature</u>	<u>Days to Germinate</u>	<u>Days to Maturity</u>	<u>Sun</u>	<u>Water</u>	<u>Starting Inside</u>	<u>Starting Outside</u>
¼ - ½ "	1"	48" and 48" row spacing	80 – 85 F	7-14	78	Full	moderate	Plant your seeds indoors 6-10 weeks before setting outside. When transplanting seedling, cover the roots and stem up to the first set of leaves. Curve the stem above the ground to an upright position. The stem will sprout roots and develop a strong root system.	Sow in spring, after the average last spring frost and when soil temperatures reach 60 degrees. In warm winter/hot summer areas, they can also be planted in early fall for winter harvest.

Special Notes:

Grow tomato plants in a warm area that receives plenty of sunlight.

Harvesting:

Harvest tomatoes when firm and fully colored.

Seed Saving:

Tomato seeds are encased in a gel-like sack which prevents the seeds from sprouting while inside the tomato. Allow fruits to rot and ferment then remove the gel covering from seeds. In nature this occurs when the fruit falls off of the plant.

Health Facts:

One of the most well known benefits of the tomato is its lycopene content. Lycopene is a vital antioxidant that helps in the fight against cancerous cell formation as well as other kinds of health complications and diseases.

Nutritional Information:

Serving size: 149g
Calories 27
Fat 0g
Sodium 7mg
Protein 1g
Carbohydrate 6g
Dietary Fiber 2g

% of U.S. RDA
Vitamin A 25%
Vitamin C 32%
Calcium 1%
Iron 2%

