



Newsletter

June 7, 2013
Volume 1 Issue 1

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Where's JR?

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Oh where, oh where can he be? LONG GONE! And I'll tell you why...

It was time for change. After operating for 25 years as J.R.'s Green Scene and then J.R.'s Grill, we decided that it was time for something new.

New restaurant, new menu, new chef! And we couldn't be more excited!

You may be asking why we called ourselves the Roasted Tomato Diner; the list of reasons is endless! A common diner has a common name; our diner is a unique contemporary diner preparing delicious homemade meals and some meals that are different and rather unique.

The Tomato consumption in the United States has increased by 30% in the last 20 years. The Tomato is America's fourth most popular vegetable behind potatoes, lettuce and onions. What kind of food would we serve if we were the Roasted Potato? You guessed it, Potatoes!

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Tomato Headliners

"It's difficult to think anything but pleasant thoughts while eating a homegrown tomato."

- Lewis Grizzard

Heaviest tomato - The heaviest tomato on record weighed in at 3.51 kg (7 pounds 12 ounces). A "delicious" variety, it was grown by Gordon Graham of Edmond, Oklahoma in 1986. Gordon sliced the tomato to make sandwiches for 21 family members.

Largest plant - The largest tomato plant (a "Sungold" variety), recorded in 2000, reached 19.8 meters (65 feet) in length and was grown by Nutriculture Ltd. of Mawdesley, Lancashire, UK.

Biggest tomato tree - According to the *Guinness Book of World Records*, the largest tomato tree grows at Walt Disney World Resort's experimental greenhouse and yields a harvest of more than 32,000 tomatoes and weighs 1,151.84 pounds (522 kg). The plant was discovered in Beijing, China, by Yong Huang, Epcot's

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Even the Tomato has Family Issues

How many kinds? The U.S. Department of Agriculture says there are 25,000 tomato varieties. Other sources cap the number of types of tomatoes at 10,000. (Either way, that's a lot.)

Tomato cousins? Tomato is a cousin of the eggplant, red pepper, ground cherry, potato, and the highly toxic belladonna (a herbaceous perennial, also known as the nightshade or solanacae, that has historically been used as both a medicine and poison).

Tomato Names

How it all began - Tomatoes are thought to originate in Peru. The name comes from the Aztec "xitomatl," which means "plump thing with a navel".

Love and paradise - When the tomato was introduced to Europe in the 1500s, The French called it "the apple of love." The Germans called it "the apple of paradise."

For the wolves? The scientific term for the common tomato is *lycopersicon lycopersicum*, which mean "wolf peach."

Please see *Even the Tomato has Family Issues* on page 4



*Always Fresh...
Always Homemade!*

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As our family, we welcome you to the Roasted Tomato. We appreciate and welcome your thoughts and comments. We will be starting a guest recipe file of favorite Tomato recipes, be sure to add yours. If we put it on the menu, we will share your glory. Keep in mind, our menu items will be changing with each season. Since we have a commitment to fresh food, let us apologize in advance if there is a time when we cannot serve your favorite menu item. Our commitment to our guests is to provide fresh homemade meals without any shortcuts

Thank you for being our guest. We appreciate your support and continued patronage.

Fruit or Vegetable

Botanically, the tomato is a fruit

Scientists agree: a botanical ovary - a sac that contains egg cells (seeds) - is classified as a fruit.

The tomato perfectly fits the scientific definition of a fruit.

No way around it - the tomato is a sac and those are seeds bursting out of the crack its skin.

Legally, the tomato is a vegetable

So ruled the U.S. Supreme Court in 1893.

The case of [Nix vs. Hedden \(1893\)](#) raised the question of the tomato's classification.

At the time, tariffs were not charged on imported fruit - only on imported vegetables. A whopping 10% was levied, designed to protect the American farmer.

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manager of agricultural science, who took its seeds and grew them in the experimental greenhouse. Today, the plant produces thousands of golf ball-sized tomatoes that are served at Walt Disney World's restaurants, and can be seen by tourists riding the "Living With the Land" boat ride at the Epcot Center.

Official veggie and official fruit - The tomato serves as both the official state vegetable and the official state fruit of Arkansas, in honor of the South Arkansas Vine Ripe Pink Tomato, sometimes known as "Bradley Pink."

Official state beverage - Tomato juice is the official state beverage of Ohio.

Under consideration - A proposal to the NJ State Assembly in 2008 requested that the tomato be adopted as the state's official state vegetable, but to date the bid has not been passed.

A tomato importer named John Nix argued that a tomato was a fruit and therefore not subject to vegetable import duties.

The court heard definitions of "fruit" and "vegetable" and listened to testimony from two witnesses.

The court ruled that the tomato was a vegetable in its function. It's served in salads, soups and main courses. Only if it was eaten in hand or in a dessert can it be classified as a fruit!

With the faithful stroke of a gavel, the tomato became a vegetable.

Fruit or vegetable? Bottom line.

Legal maneuvers confused matters. The Great Tomato Debate continues today.

Choose your side. Either way, you're "right."

The Tomato is America's fourth most popular fresh-market vegetable behind potatoes, lettuce and onions.

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“Tomato” in other languages

English: tomato

French: tomate

Dutch: tomaat

German: Tomate

Danish: tomat

Spanish: tomate

Nutrition Facts

Nutrition Fact: #1

Tomatoes have good amounts of some basic necessary nutrients.

One medium sized-tomato provides over a third of the recommended daily allowance of vitamin C, and nearly a third of the recommended daily allowance of vitamin A.

Tomatoes are also a great source of fiber, carbohydrate, potassium and iron.

Tomato Nutrition Fact: #2

Tomatoes have low amounts of potentially unhealthy nutrients. Too much fat and sodium can exacerbate many health issues for millions. Tomatoes are low in each of these nutrients.

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Tomato Nutrient Analysis

Serving size - this information presents nutrient amounts for 1 cup fresh, chopped tomato (approximately 1/3 pound or 1 average size tomato).

Approximate serving size equivalents:

8 - 10 cherry tomatoes

2 - 3 small tomatoes

1/8 cup tomato paste

8 ounces canned tomatoes (1 cup)

1/4 cup tomato juice

Tomato Nutrition Fact: #3

Tomatoes have high amounts of special nutrients. Tomatoes are an outstanding source of the antioxidant lycopene, which has been shown to lower the risk of cardiovascular disease.

Quick and Fun Nutrition Facts

Tomatoes are diet - friendly - A tomato is more than 90% water and is very low in sodium. It's diuretic that helps eliminate toxins while you're on a diet.

Tomatoes are heart - healthy - A tomato has 0 grams of cholesterol and contains extremely small amounts of fat.

Tomatoes are nutrient-rich - A tomato's vitamin C content increases as the fruit ripens. Vine ripened tomatoes contain nearly twice the vitamin C and beta-carotene as their green picked counterparts.