

Mississippi MarketMaker Newsletter



MISSISSIPPI STATE
UNIVERSITY,
EXTENSION SERVICE

Tomatoes!

Dr. Benedict Posadas, Katy Buchanan and Randy Coker
Mississippi State University, Coastal Research and Extension Center
Mississippi-Alabama Sea Grant Extension Program

Website: <http://www.coastal.msstate.edu/MMNewsletter.html>

Volume 4, Issue 2; January 30, 2014

Did you know?!



Botanically speaking, a tomato is a fruit. The government classified it as a vegetable in the late 1800's so it could be taxed under custom regulations.

Eating cooked tomatoes may act as an internal sunscreen by helping block UV rays.

They are an outstanding source of lycopene, a flavonoid antioxidant, which has been shown to lower the risk of cardiovascular disease and cancers.

Tomatoes are more than 90% water and are very low in sodium.

They have 0 grams of cholesterol and contain an extremely small amount of fat. Vine-ripened tomatoes contain nearly twice the vitamin C and beta-carotene as their green-picked counterparts. (Facts courtesy from:

<http://www.mdac.ms.gov/departments/marketing/farmtoschool/pdf/tomatoes.pdf>)



Who Sells Tomatoes on MS MarketMaker?



Countryside Farmers Market

2289 Hwy 145 S
Quitman, Mississippi 39355

Phone: 601-776-0016

MS MarketMaker Profile: <http://ms.marketmaker.uiuc.edu/business/1662461>

Fresh Magnolia Market

102B Hazelton Cove
Madison, Mississippi 39110

Phone: 601-707-7258

Website: www.freshmagnoliamarket.com

MS MarketMaker Profile: <http://ms.marketmaker.uiuc.edu/business/1704414>





St. Bethany Fresh

899 Kings Highway

Pontotoc, Mississippi 38863

Phone: 662-213-2028

Website: www.stbethanyfresh.com

MS MarketMaker Profile: <http://ms.marketmaker.uiuc.edu/business/907564>

Hot Tomato Grits from *Southern Living!*

Ingredients:

2 bacon slices, chopped

2 (14 1/2-oz.) cans chicken broth

1/2 teaspoon salt

1 cup uncooked quick-cooking grits

2 large tomatoes, peeled and chopped

2 tablespoons canned chopped green chiles

1 cup (4 oz.) shredded Cheddar cheese

Preparation:

1. Cook bacon in a heavy saucepan over medium-high heat 8 to 10 minutes or until crisp. Remove bacon, reserving drippings in pan. Drain bacon on paper towels.

2. Gradually add chicken broth and salt to hot drippings in pan; bring to a boil. Stir in grits, tomatoes, and green chiles; return to a boil, stirring often. Reduce heat, and simmer, stirring often, 15 to 20 minutes.

3. Stir in Cheddar cheese until melted. Top with chopped bacon. Garnish, if desired. Serve immediately.



*To find other local businesses who are selling these items, do a Business Search at the MS MarketMaker website using this link!

<http://webapps.marketmaker.uiuc.edu/marketmaker/#MS/food/productsearch/2226/28>

Why register your food and seafood business in MarketMaker?

A survey was conducted by Clemson University in 2011-2012 to evaluate the impact of MarketMaker websites on agricultural producers and farmers' markets. Survey respondents reported that the perceived average annual increase in sales due to MM was estimated at about \$152, with 75% saying that the increase in sales was less than \$25. Producers' participation in the MM network brought additional 2.9 times contacts by customers, suppliers and other producers. These additional business contacts resulted to additional 1.6 new customers.

Where can you find MarketMaker?

MarketMaker (MM) can be viewed at - <http://ms.foodmarketmaker.com>.

You can follow MM at Facebook - http://www.facebook.com/MS_MarketMaker.

You can also follow MM at Twitter - http://twitter.com/MS_MarketMaker

Find MM on your smart phone - <http://ms.foodsearcher.com>

For the full text and previous issues of the MS-MM Newsletter, go to:

<http://msucare.com/newsletters/marketmaker/index.html>

This program is funded in part through grants provided through Gulf States Marine Fisheries Commission, Oil Disaster Recovery Program under NOAA Fisheries grant award number NA10NMF4770481".