

# Meet your BC greenhouse veggies

## Tomatoes



A great source of vitamin A, vitamin C, potassium and beta-carotene. Tomatoes also contain lycopene, an antioxidant that may help prevent some forms of cancer, heart disease and other diseases.

### Did you know?

- That tomatoes are actually fruit? A fruit is the edible part of a flowering plant that contains seeds.
- That tomatoes come in a variety of colours such as red, orange, yellow and black?
- That BC greenhouse tomato growers produced 134 million pounds of tomatoes in 2014?

### Storing & handling your greenhouse tomatoes:

- Choose tomatoes that are red, plump, firm and free of any cracks and bruises.
- Tomatoes should be stored at room temperature away from direct sunlight so that they can ripen naturally.
- Tomatoes should be stored stem side up, and used within a few days.

### Look for the following tomato varieties:

Beefsteak, Campari, Cherry, Tomatoes-on-the-vine, Roma, Mini Roma, Heirloom, Grape and Cocktail Tomatoes.

## Peppers



An excellent source of vitamin A, vitamin E and beta-carotene. Bell peppers are rich in vitamin C—ONE sweet bell pepper provides more than 100% of your daily vitamin C requirement.

### Did you know?

- That peppers are also fruit?
- That all peppers start off green, then change colour based on their varieties?
- That BC greenhouse pepper growers produced 85 million pounds of peppers in 2014?

### Storing & handling your greenhouse peppers:

- Choose peppers that are smooth, firm and plump with thick shiny skins.
- Peppers should be stored in the refrigerator.

### Look for the following pepper varieties:

Sweet Bell Peppers, Sweet Baby Bell Peppers, Chili Peppers, Sweet Long Peppers, Mini Peppers and Crescendo Peppers.

## Cucumbers



An excellent source of calcium and dietary fibre, and are very low in calories.

### Did you know?

- That cucumbers are seedless because they are not pollinated?
- That cucumbers are fruit even though they do not require pollination?
- That BC greenhouse cucumber growers produced more than 53 million cucumbers in 2014?

### Storing & handling your greenhouse cucumbers:

- Choose cucumbers that are dark vivid green in colour, firm and are free of any soft spots or marks.
- Cucumbers should be stored in a cool, dry place or in the vegetable crisper of the refrigerator.
- Mini cucumbers are best kept refrigerated in their packaging.

### Look for the following cucumber varieties:

Long English Cucumbers, Mini Cucumbers and Snacker Cucumbers.

## Lettuce



A good source of vitamin C and potassium, and is very low in calories.

### Did you know?

- That lettuce is a vegetable because it is the leaves of a plant?
- That growers generally have 8 to 10 lettuce crops, compared to only 1 tomato or pepper crop per growing season?

### Storing & handling your greenhouse lettuce:

- Choose lettuce that has no signs of wilting or dark edges. The greener the lettuce, the more vitamins and minerals it contains.
- Lettuce leaves should be torn by hand. Cutting lettuce with a knife will turn the edges brown faster. If you must cut lettuce, use a stainless steel knife.

**Look for BC greenhouse grown Butter Lettuce and Baby Romain Hearts at your grocery store!**

## This is how greenhouse vegetables help you maintain a healthy body!

- Vitamin A keeps your skin healthy and helps you see at night.
- Vitamin C helps build and maintain healthy bones, teeth and gums, and helps regulate cholesterol levels.
- Vitamin E helps the healing of your skin and helps prevent memory loss.
- Potassium helps to keep your body's fluids balanced.
- Calcium helps normal growth and maintenance of bones and teeth, and enables contraction of muscles.
- Dietary fibre helps lower blood fat levels and improves intestinal function.

Including tomatoes, peppers, cucumbers and lettuce in your daily food choices will help you meet the recommended 7 to 10 servings of vegetables and fruit a day<sup>1</sup>.

### What is one serving of greenhouse vegetables?

- Tomatoes: One medium size beefsteak or tomato-on-the-vine; or one cluster of cocktail size tomatoes
- Cucumbers: One 2.5 inch piece of long English cucumber or two mini cucumbers
- Peppers: Half of a medium size bell pepper
- Lettuce: One-sixth of a head of lettuce

<sup>1</sup> Recommendation for adults. 2015 Canada's Food Guide



### Did you know?

- That B.C. greenhouse growers are world leaders in Integrated Pest Management? Growers protect the plants from insect pests and diseases by introducing predatory insects to the greenhouses. Their reliance on using biological controls allows them to use little to no pesticides.
- That B.C. greenhouses produce 10 to 20 times the amount of vegetables produced on the same area of field?
- That greenhouse vegetable and flower growers use only 0.01% of B.C.'s farmland to generate 21% of the province's total agriculture production value?

## Support your B.C. greenhouse growers. Look for the following labels at your local grocery stores:

\* Ask your grocer if you cannot find the products at the store.

