



TOMATOES ON THE VINE



Fresh Facts

Tomatoes picked while still on the vine have that “fresh from the garden” flavor as they can continue to draw moisture and nutrients from the stem several days after they’ve been picked. And with their soft and juicy skin, they add perfect flavour, texture, and colour to everything from omelettes to bruschetta. These tomatoes come in an array of flavors and colours from red to orange to bright yellow. Just one sniff will tell you that our tomatoes on the vine are as fresh as they come!

Tomatoes are loaded with antioxidants and vitamins, and are a tasty way to stay healthy. Loaded with Lycopene, a vital antioxidant that eliminates free radicals from the body, tomatoes on the vine bring incredible flavor and nutrition to any meal. And with that “fresh from the garden taste,” eating well never tasted so good.

Tomatoes-on-the-Vine

Nutrition Facts Valeur nutritive	
Per 1 tomatoe (113 g) pour 1 tomate (113 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 20	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 10 mg	0 %
Carbohydrate / Glucides 4 g	1 %
Fibre / Fibres 1 g	5 %
Sugars / Sucres 2 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	0 %
Iron / Fer	2 %



Rooted in Freshness.