

God gave us...



Plant a Seed! Feed a Soul!

“Tomato” (*Lycopersicon esculentum*)

Planting depth: ¼”-1/2” Apart in row (after thinning): 18-30” Distance between rows: 3-6’ Approximate days to germination: 7-14 days

♥ Let’s grow...

Plant grape tomato seeds ¼”-1/2” deep in a sunny area in your garden or in a large container. It takes about 7-14 days for the seeds to sprout into seedlings. Seedlings are new plants grown from seeds.

♥ Taking care of God’s creation...

New plants need regular watering and weeding. Using thin pieces of cloth, tie the plant to a stick to keep the tomatoes from touching the soil. The jelly covering around the seeds contains the most vitamins. Tomatoes are ready to eat when fully colored on all sides and glossy and soft -but firm.

♥ Eat your tomatoes...

First grown in Central America, tomatoes are a great for a snack or in a salad and are an excellent source of vitamins for healthy bodies. You can show God’s love to others by sharing the good food that he has given us to eat.

“I planted the seed, Apollos watered it, but God made it grow.”

1 Corinthians 3:6

