

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 Roma seeds ¼”-1/2” deep in a sunny area of your garden in the soil 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. Thin seedlings to 18”-30” apart. 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 colored on all sides and glossy and soft -but firm.

♥ Eat your tomatoes...

First grown in Central America, tomatoes are used in cooking sauces and are an excellent source of 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 give you every seed bearing plant on the face of the earth and every tree that has fruit with seed in it. This will be yours for food”

Genesis 1:29