



# ONTARIO GREENHOUSE VEGETABLES

*Taste the difference fresh & vine ripened makes!*

## ONTARIO GREENHOUSE TOMATOES

**March to November**

To identify our tomatoes, look for the PLU sticker that indicates Ontario or Canada origin. Our sweetness level ranges from 1-5, where 1 is less sweet and 5 is very sweet. Check out the ratings below!

### BEEFSTEAK TOMATOES

Average diameter: 3 1/2" • **Yield in slices:** approx. 10

- Known for their firm "meaty" texture
- Light-red colour
- Thicker skin
- Not quite as sweet as the other varieties
- Luscious, tasty, incredible flavour
- Yellow and orange varieties are low in acidity and great for anyone with acid-reflux



**Performs well:** slice and add to sandwiches or char-broiled burgers; great for stuffing; try them stuffed with rice or grain, other seasonings and topped with cheese for a tasty roasted tomato!

**Sweetness Level: 1** 🍅

### CLUSTER TOMATOES

Average diameter: 2 1/2" • **Yield in slices:** approx. 6

- Harvested with the vine, which keeps them firm and provides additional flavour and nutrition
- Sweet and tart at the same time
- Perfect texture and flavour
- Often sold as "TOV's" Tomatoes-on-the-Vine



**Performs well:** for salads, salsas, sliced in a sandwich and in all of your favourite side dishes; firm and delicious chopped into a Greek Village salad.

**Sweetness Level: 2** 🍅🍅

### ROMA TOMATOES

Average diameter: 2 1/4" Not usually sliced

- Oval shape
- Thin skin
- Firm flesh
- Few seeds
- Low acidity
- Available in large or mini size
- Rich in colour
- Deep in flavour



**Performs well:** perfect for sauces, soups, salsas and canning; great addition to salads; try them in a traditional Italian Marinara sauce – tasty on top of grilled fish, meats or on pasta!

**Sweetness Level: 3** 🍅🍅🍅

### HEIRLOOM TOMATOES

Average diameter: wide range from 2 1/4" to 3 1/2"

**Yield in slices:** 6 to 10

- Found in a variety of shapes, colours and sizes
- Perfect blend of sweetness and acidity
- Full of flavour
- Sure to impress with their taste and colour
- Each variety tastes different, so be sure to try them all



**Performs well:** excellent addition to salads, pastas; make a beautiful colourful Caprese salad layered with fresh bocconcini or burrata cheese.

**Sweetness Level: 3** 🍅🍅🍅

### COCKTAIL TOMATOES

Average diameter: 2"

- Juicy
- High sugar level, sweet and succulent; low acidity
- Larger than a cherry tomato but smaller and rounder than a plum tomato
- Variety of colours and flavours



**Performs well:** on-the-go snack, in salads, kabobs, roasted and tossed in salads and pastas; perfect roasted, tossed with extra virgin olive oil, fresh basil and warm pasta topped with Parmesan cheese.

**Sweetness Level: 4** 🍅🍅🍅🍅

### CHERRY & GRAPE TOMATOES

Average diameter: 1 1/4"

- Perfect bite-sized snacks
- Small, ripe and sweet
- Yellow and orange varieties especially low in acidity
- Longest shelf life of any of our tomatoes



**Performs well:** enjoy them on their own, in a salad, on a veggie tray or on a pizza, roasted; great for salads and snacking; make a very sweet Bruschetta topping; try them in our Twisted Bruschetta recipe!

**Sweetness Level: 5** 🍅🍅🍅🍅🍅

## ONTARIO GREENHOUSE BELL PEPPERS

**March to November**

Store in refrigerator for up to one week and only wash when ready to use.

Average weight: 9 oz (256 g)

- Stunning colours of red, yellow and orange
- Great recipe presentation
- Each colour represents various sweetness levels
- Very versatile and suits many types of cuisines
- Flavour, flexibility, crunchy texture and nutritional values are unbeatable
- Perfect raw for snacking
- Avoid waste by using all trimmings such as top or bottom slice – use in casseroles, soups or salsa



**Performs well:** crudités; in salads; roasted and tossed in salads and pastas.

**Culinary applications:** pizza topping; roasted for antipasto platters; omelette filling; stir fries; fajitas; in dips such as hummus, Romesco sauce, coulis.

**Recipes from our website:** Saffron Yellow Pepper Soup; Red Pepper Coulis; Roasted Red Peppers; Stuffed Peppers; Roasted Red Pepper Hummus; Village Salad and more.

## ONTARIO GREENHOUSE CUCUMBERS

**Year-round**

English cucumbers can be stored in refrigerator for up to 10 days and minis up to 2 weeks.

**English** – Average length: 12-14"; 1 lb(454 g) by weight

**Minis & Cocktail** – Range 2 1/2" - 6"; 1 - 3 oz (28 - 85 g) each

**Both Varieties:**

- Firm and crisp
- Seedless - easier to digest
- Edible skin so no peeling = no waste
- Versatile
- Cool, refreshing
- Fat-free, low in calories



**Performs well:** snacking; in salads; appetizers; chilled soups; drinks. Add to sandwiches for a refreshing crunch. Sliced cucumbers make a welcome addition to a jug of refreshing drinking water.

**Culinary applications:** crudité platters; sandwiches; dips such as Tzaziki and Raita; stuffed cucumber cups; Greek salad; day pickles; sautéed or used in hot or cold soups.

**Recipes from our website:** Stuffed Cucumber; Gazpacho; Grape and Cucumber Gazpacho, Cold Cucumber Soup, Cucumber Mint Sauce, Cucumber and Wasabi Salad.

*From our house to yours...*

ONTARIOGREENHOUSE.COM



Possibility grows here.