Cherry tomato  
*Lycopersicon esculentum*

**When to plant:** Late spring/ early summer

**When to harvest:** 6 to 10 weeks after pollination

**Uses in medicine:** High in vitamin C and A. Also a good source of minerals, such as copper and potassium, and antioxidants. Can lower blood pressure and risks of cardiovascular diseases

**Uses in cooking:** bright and sweet flavor, commonly added to sauces, dishes, and used in drinks