

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