Grow and Eat Vegetables!
Eating plenty of vegetables of different colours with your meals is very important to stay healthy and help fight diseases.

Vegetables are rich in iron to give you strong blood, which is particularly important for pregnant and breast-feeding mothers. And vegetables contain vitamins, like vitamin A, that are good for your eyesight. Tomatoes are a great source of vitamin C that helps your body fight illness. Vitamin C helps you absorb iron, so always eat tomatoes when you eat meat, eggs or fish. The vitamin A in tomatoes can help defend your body against many types of cancers.

Sweet Tomato Soup
Ingredients
10 large tomatoes
2 tins of tuna
1 onion, chopped
3 green peppers
½ cup of chopped pineapple
2 tablespoons curry powder
4 tablespoons cooking oil
salt to taste

1. Fry onion, green pepper and pineapple in the oil over low heat for 5 minutes.
2. Add tomato and half a cup of water. Heat for 2 minutes.
3. Add tuna and curry and cook for a further 2 minutes. Add salt to taste.

Serve with Kumara or rice.
Recipe taken from “Local Vegetable Food “kaikai” recipes in Solomon Islands, MAL

Contributions:
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Nutritional information:
Ministry of Health
Other project partners:
Ministry of Agriculture (MAL)
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How to Grow TOMATO
Germination: 3 – 5 days
Transplant after 10–14 days
Growing time: 4 -5 weeks
Harvest time: 2 weeks
How to grow TOMATO

1. Plant seeds into seed tray. Use a mix of 3 parts old grated coconut husk, 1 part compost and 1 part soil. Place trays in a shady place. Thin when plants have 2-3 leaves.

2. Mix compost or manure into the bed before planting to give plant food.

3. Transplant when seedlings have 4-5 leaves, early morning or later afternoon, 50 cm between plants. Water well after transplanting. Water morning and evening until the roots have established.

4. Mulch seedlings with dried grass or banana leaves.

5. Weed plants when necessary, water on dry days, stake when plants are 1 m tall. Collect and remove leaves with brown spots and rotting fruit. Bury or burn away from crop to stop spread of disease.

6. Regularly look on and under leaves for pests and diseases.

7. Harvest when fruits are orange or red.

8. Save seed!
   1. Select good quality red fruit for saving seed.
   2. Cut and squeeze seeds into a bowl of water.
   3. Leave until white fungus forms (1-2 days).
   4. Sieve seeds.
   5. Leave to dry in the sun.
   6. When dry, store in a sealed jar.