

# Amaze and amuse your friends with these tomato facts

Here are some little known facts from the tomato growers in the sunny Mexican state of Sinaloa.

The tomato is a fruit. One hundred years ago, a U.S. judge declared the tomato a vegetable as it is eaten with a meal, not as a dessert — an important distinction back then, as fruit was exempt from import duty, vegetables were not.

Tomatoes go through six stages of ripening. The stages are: Green, Breakers (the light pink color begins to break through), Turning (more pink is visible), Pink (about half is pink or red color), Light Red (almost completely ripe), Red (at least 90 percent of the tomato is red).

In the U.S., we get our tomatoes

from three major growing regions: Florida, California and Western Mexico.

In 1876, Henry J. Heinz made ketchup from tomatoes and bottled it. This gave tomatoes the popularity they enjoy today.

Salsa, the Mexican-style tomato topping, is now outselling ketchup as the number one condiment in the U.S.

Tomatoes were first cultivated in Mexico.

Tomatoes are more widely planted than any other fruit or vegetable.

Roma tomatoes were bred for canning, but their flavor also makes for great eating. These dense fleshy tomatoes hold up well when added to a stew or

made into a sauce and are rising in popularity as an accompaniment for salads.

The first tomatoes to arrive in

Italy may have been yellow in color because the Italian word for tomatoes is pomodoro (apple of gold).

## Make a special lunch for Mother's Day

AP — Make it easy for Mom on her special day. Make lunch!

A colorful main-dish salad prepared with ready-to-use ingredients is simple enough for older kids to assemble, or for younger children to make with a little help from Dad.

Begin with sliced-to-order deli roast beef, it's ready to eat or to use in recipes. Cut into strips and arrange over lettuce with mango and bell pepper pieces. A lightly spiced yogurt-chutney dressing takes just minutes to stir together. Crisp bread sticks make a good accompaniment.

Set the table with cheerful

linens — and a flower!

### CARIBBEAN BEEF SALAD

Chutney Dressing (recipe below)

1 pound deli roast beef, sliced

4 cups romaine lettuce leaves

1 large mango, peeled, seeded, cut into 1/4-inch pieces

1 red bell pepper, cut into 1/4-inch pieces

Prepare Chutney Dressing; set aside.

Trim fat from deli roast beef.

Stack beef slices; cut lengthwise

In half and then crosswise into 1/4-inch wide strips.

To serve, arrange lettuce on serving platter; arrange beef, mango and bell pepper on lettuce. Drizzle 1/4 cup dressing over salad; pass remaining dressing. Makes 4 servings.

### CHUTNEY DRESSING

8-ounce carton plain low-fat yogurt

1/4 cup chopped mango chutney (such as Major Grey)

1/4 cup reduced-calorie mayonnaise

1/4 teaspoon ground allspice  
1/4 teaspoon pepper

In a medium bowl, combine dressing ingredients; mix to blend.

Note: Jarred pre-cut mango slices, available in the produce section of your supermarket, may be substituted for fresh mango.

Nutrition facts per serving: 417 cal, 37 g pro, 35 g carb, 14 g fat, 4.3 mg iron, 410 mg sodium, 101 mg chol.

Recipe from: Meat Board Test Kitchens

## Call hotline for nutrition information

Call the toll-free Nutrition Hotline of the American Institute for Cancer Research 1-(800) 843-4114 for free, personalized answers to nutrition questions from a registered dietitian. The hotline operates weekdays 9 a.m. to 5 p.m.

You can also call the hotline to request a list of free publications to help you eat for good health and lower cancer risk.

The hotline is offered by the Institute as a public service. AICR's

registered dietitians will return your call within 48 hours. The Institute focuses on the link between diet, nutrition and cancer. Researchers estimate that 40 to 60 percent of all cancers are linked to our diets.

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### NOTICE OF LAST DAY OF REGISTRATION OF THE QUALIFIED ELECTORS OF OAKLAND COMMUNITY COLLEGE DISTRICT FOR THE SPECIAL ELECTION TO BE HELD ON MONDAY, JUNE 12, 1995

TO THE QUALIFIED ELECTORS OF OAKLAND COMMUNITY COLLEGE DISTRICT:

PLEASE TAKE NOTICE that a special election for the Oakland Community College District shall be held on Monday, June 12, 1995, in conjunction with the regular elections of component school districts.

Act 116, Public Acts of Michigan, 1954, as amended, provides in part as follows:

The inspectors of election at an election or primary election in this state, or in a district, county, township, city or village in this state, shall receive the vote of a person whose name is not registered in the registration book or listed on the computer registration precinct list of the township, ward, or precinct in which he offers to vote unless the person has met the requirements of section 507b.

The last day for receiving registrations for the election will be Monday, May 15, 1995. Persons residing in said District registering after 5:00 p.m. on Monday, May 15, 1995 will not be eligible to vote at the election. Persons planning to register must determine when the township, city, or village offices or Secretary of State drivers license bureau offices will be open for registration.

Only persons who have registered as general electors with the appropriate clerk of the township, city, or village in which they reside, or through registration with a deputy registrar or at a Secretary of State drivers license bureau, are registered District electors.

Please take further notice that only registered school electors residing in the Oakland Community College area of any component school district will be eligible to vote at the special election of Oakland Community College.

The following proposal will be submitted to the electors at the special election to be held on Monday, June 12, 1995.

#### OAKLAND COMMUNITY COLLEGE MILLAGE PROPOSAL

Shall the limitation on the amount of taxes which may be imposed on taxable property in the Oakland Community College District be increased by eight tenths (8) mill (80¢ per \$1,000 of taxable value) for a period of seven (7) years, the years 1995 through 2001, to be used for all purposes authorized by law? If approved and levied, it is estimated that eight tenths (8) mill would raise approximately \$23,477,000 when first levied in 1995, resulting in an approximate increase for 1995 of \$40.00 for a home with a true cash value of \$100,000.

This Notice is given by the order of the Board of Trustees of Oakland Community College District, State of Michigan.

DOUGLAS H. WAKEFIELD  
Secretary, Board of Trustees

Published May 6 and 8, 1995

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