

With tomato season right around the corner and tomato plants being stuck practically every day here at Dan Schantz Farms for sale later in the spring, it might motivate you to **grow your own tomatoes** by taking a look at exactly what eating tomatoes will do for you. We all know that there is nothing like eating a fresh tomato out of your own garden. Besides once spring arrives and the temperatures start to be more consistent in the 60's and 70's it will be a joy to get outside once again in the sunshine and do some work in the garden. Whether you plan on growing vegetables or flowers or both spending time outside tending a garden is a great way to destress after a day at work. Thanks to [University Health News for the health benefits listed below.](#)



Here are six ways that tomatoes can keep you healthy. Your bones, eyes, hair, and kidney will thank you!

#1. Tomatoes contain lycopene, which is good for your heart, skin, and more. Lycopene is one of multiple carotenoids (pigments that act as antioxidants to protect your cells) naturally found in tomatoes. Studies show that it can lower your blood pressure, cholesterol, and oxidative stress levels, as well as reduce your risk of suffering from a stroke. Lycopene has also been shown to have positive effects

on skin and hair health. For more information about lycopene, check out “Impressive Lycopene Benefits: Reduces Stroke By 59%.” (find “Health Kick” Tomatoes at our store in Mid-May. They contain **twice** the amount of Lycopene)

#2. They can protect your bones. Tomatoes are rich in calcium, which is essential for healthy, strong bones, and teeth, and vitamin K, which is known to prevent osteoporosis and osteopenia. Check out “Calcium-Rich Foods: Tasty Choices are Easy to Find” and “The Role of Vitamin K in Natural Osteoporosis Treatment” for more information.

#3. Tomatoes contain lots of vitamin A to benefit your hair, eyes, and heart. Two other carotenoids found in tomatoes are beta-carotene and alpha-carotene. The body converts these carotenoids into vitamin A, which promotes healthy vision, skin, and hair. And although experts still aren’t sure exactly how vitamin A effects the heart, a recent study found that the heart does positively respond to the amount of vitamin A stored in the body.

#4. They can lower your risk of developing kidney stones. Studies show that foods rich in antioxidants can prevent kidney stones from forming, which makes tomatoes an ideal choice for maintaining kidney health. Plus, tomatoes contain high amounts of water and potassium, which can also lower your risk of developing kidney stones. For more details, check out “Preventing Kidney Stones.”

#5. Tomatoes can repair damage caused by smoking. A recent study found that vegetables and fruits—particularly tomatoes and apples—can slow down the declining lung function of ex-smokers over a period of 10 years. Compared with adults who ate fewer than one tomato a day, those who ate more than two tomatoes experienced slower lung function decline.

#6. They can help prevent several types of cancer. The high levels of lycopene and vitamins C and A can reduce your risk of prostate, colorectal, and stomach cancer. Antioxidant-rich foods are also known to neutralize harmful free radicals in the blood, which can cause cell damage.