How to Grow the Tomato and 115 Ways to Prepare it for the Table

The tomato, probably one of the most grown vegetables in prepper or homesteading community. Unfortunately, few people understand how important this vegetable actually is. While, it is true that chemical analysis does not place it very high in the nutritive scale, if viewed from this angle alone its real value will be greatly underestimated.

Did you know that old vines contain splendid dye-stuffs, which could be utilized as a by-product for dying fabrics of various kinds. Find out more great things about the tomato by clicking the link below.
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