

GROWING GOOD HEALTH



Sun Gold Tomatoes



Sun gold tomatoes are a delightfully sweet tomato that has a beautiful orange/yellow color. These tomatoes grow really well here in Middle Tennessee, and because they can be fragile, producers tend not to ship them. They often show up in farmers' market, but why not grow on in your yard or patio!

Growing Tips

Light Requirements: Full Sun

Soil Requirements: Well-draining, nutrient-rich soil

Water Requirements: Keep the soil moist to prevent blossom rot. Mulch the plants to prevent water from evaporating

Space Requirements: Plant 18-36 inches apart

Time to Maturity: 55-65 days

Harvesting: Sun golds are ready when they reach their deepest gold/orange color.

Storage: Store harvested tomatoes at room temperature. Tomatoes last longer if stems are removed. Never refrigerate.

Nutritional Information

Calories: 45

Total Fat: 0.5 g

Cholesterol: 0 mg

Sodium: 0 mg

Total Carbohydrate: 6 g

Dietary Fiber: 1 g

Sugar: 3 g

Protein: 1 g

Vitamin A: 400 IU

Vitamin C: 24 mg

Calcium: 0 mg

Iron: 0.4 mg

