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FACT SHEET

SPECIAL INTEREST HERBS

# GOURMET VEGETABLES

## SAN MARZANO TOMATO

(*Solanum lycopersicum* 'San Marzano')



### DESCRIPTION

This is a Roma tomato. Annual vegetable. Excellent for vine ripening or in gardens. It can grow up to 1.2-1.8m/4-6 ft in height. It needs some structural support such as lattice/trellis or garden stakes to keep it upright due to its height. On average, the fruit produced is usually 150-185g/5-6oz in weight. When grown in the right conditions this variety can produce a large yield of sweet, juicy fruit.



### CULTIVATION

They do best in hot climates, with extra water in spring while the plant is growing and drier sunny conditions while the fruits are ripening. Grow in rich, moist soil climates. Plants may be grown in a green house but usually the flavor is better when grown outside, provided that they ripen properly on the vine before harvesting. The advantages of green house cultivation are earlier and heavier crops, a longer period of fruit production in autumn/fall and a wider choice of suitable varieties.



### USES

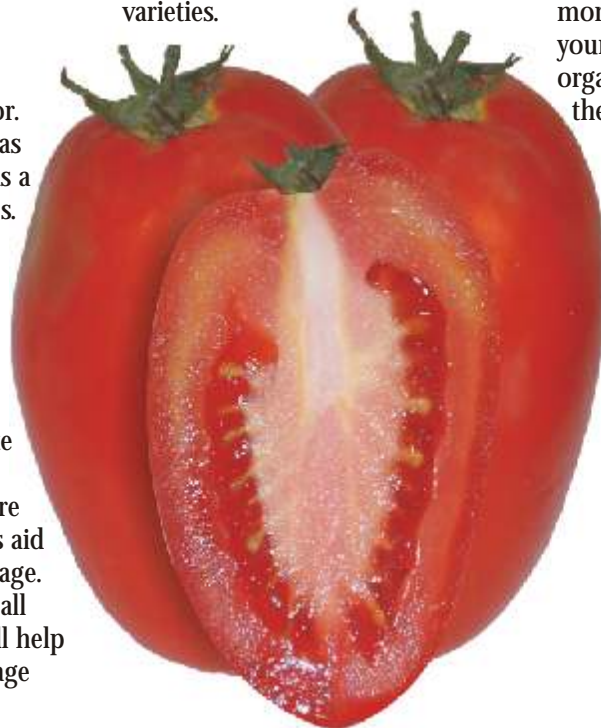
Used in many dishes to add color and flavor. Great for sauces, sun dried as an antipasto, in salads and as a base to stews or pasta dishes.



### GROWTH

Leaves should be picked as often as possible to promote new growth. Tomatoes and asparagus grown together are mutually helpful. Tomatoes aid in the early harvest of cabbage. Tomatoes and Brassicas of all varieties grown together will help to ward off the white cabbage butterfly.

Soils that are suitable for tomatoes need to be fertile, well drained and moisture retentive. A good quality potting mix will provide this for this variety if the soil in your garden is not suitable. Ground grown San Marzano tomatoes require a feed of potash when young and a balanced feed with more nitrogen later on. It is found that more potash is needed in the dull 'wet season.' Tomatoes can suffer from a few problems, such as Wilt, Virus, molds and Red Spider to name a few. However on the upside if you keep your plant in good health the diseases risk is lessened. For more information on keeping your vegetables healthy see our organic gardening fact sheet on the Herb Herbert website. Select 'Special Interest' tab and select 'Organic Gardening' in the pull down menu. Companion plant to Parsley. Grow in the same soil each year with the old stems and leaves dug into the soil for compost.



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