

Bethlehem Star

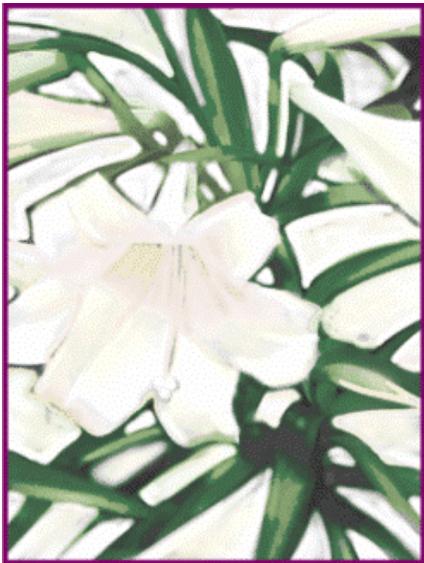
April, 2018

Easter Sunday:

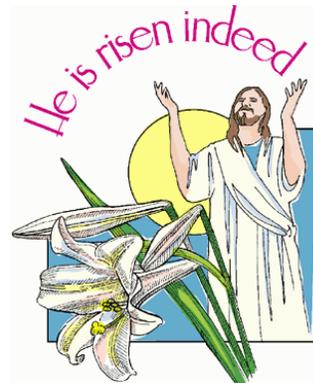
April 1st

6:00am: Easter
Sunrise Service
(bring a blanket)

9:00am: Easter
Celebration Service



Easter



Sunday, April 8th

10:30 am

Farewell & Godspeed
Winter Visitors
Potluck & Bingo

Sunday, April 22nd

10:30 am

Worship Service
Team Meeting

This year my Lenten discipline has been exceptionally challenging for me. What made it more enjoyable were all the other people that joined me in the journey to give up complaining.

In the past I have given up chocolate, dessert, milkshakes (I was 16), red meat, and other things that really only required will power. This year giving up complaining was different. It wasn't a case of will power. I couldn't just tell myself, "Chon, don't complain anymore." This time I found my thoughts defaulting to complaining. I tried to contain it simply in my head. But even as I did that I would find my body responding with a physical response such as clenching my teeth or my hands. And I also experienced my mouth opening and words coming out without any filter expressing my complaints for all to hear.

I learned that apparently I have distinct rules about drive thru lines at the Sonic Drive thru. Those that know me know that it is very unusual to see me without a Sonic restaurant cup within my reach. I love a Route 44 cup filled with their crushed ice swimming in fresh brewed unsweet iced tea, with four lime slices, and completed with three packages of Stivia. Ahhhhhh, delicious! So daily either I or my sweet husband Danny makes the 2.4 mile round trip from our house to Sonic. This means we frequent Sonic drive thru on an extremely regular basis, hence the unspoken drive thru rules.

I learned that I have a preference for phone calls verses texting in incidents that require more than three rounds of texting back and forth. I admit, this could be because my texting skills are using one finger and I spell all the words out. If you ever receive a text from me asking, "r u ready" versus "Are you ready" you can assume my phone has been stolen. I took too many years of English to not use it in its entirety.

On several occasions over the past few weeks I have found myself pausing before I speak and intentionally reframing my thoughts in a more positive direction before I share them. To be honest, I always saw myself as someone with a positive attitude and view on life but this year's Lenten practice of not complaining has been one of significant self-assessment.

Things I have learned this Lenten season.

- #1 I have much to be grateful for. If I moved to a third world country I would have neither Sonic nor cell phones so those two complaints could be completely gone. Problem solved!
- #2 I have learned my complaints are self-centered for the most part.
- #3 I am **learning** to pause before I speak so I have time to reframe my words to not be accusing or demeaning to others.

The season of Lent is to turn us away from ourselves and to turn towards God. This year I feel I have experienced this through the discipline of not complaining more than all the years of fasting other things combined. To only be able to go an hour and one minute on a Sunday after I just preached this was eye opening to me. Only 61 minutes – seriously! I have a God that gave his most precious relationship, that of his only son, to die for my sins. That is amazing love! Surely I can go longer than 61 minutes in a complaining-free zone to honor that kind of love. At least, I can continue trying. Care to join me?



Church Office Hours:

Monday - Thursday: 8:00am - 1:00pm.

Friday: 8:00am - 12:00pm.

Please have announcements and prayer requests to the church office by **10:00am Friday**.

Face Book:

If you are already on Face Book be sure to go to the Bethlehem Lutheran Church Face Book page and like us. If you are not on Face Book, consider joining, and then like Bethlehem Lutheran Church. If you want more information on how to join Face Book let us know and we will walk you through it. Tell your friends, neighbors, family - spread the word to like Bethlehem Lutheran Church on Face Book and the Good News of the gospel!

<https://www.facebook.com/pages/Bethlehem-Lutheran-Church>

Blue Stone Ministry:

A Gift of Stephen Ministry.

The Blue Stones in our baptismal font are sponsored by Stephen Ministry. When you pass by the baptismal font, you are invited to take one of the Blue Stones and carry it with you at all times. If you meet someone, friend or stranger, who is having a difficult struggle in their lives, this Blue Stone can help. Hand that person your Blue Stone and explain the following: *"Please take this blue stone and carry it with you. Let this be a reminder that God loves you, and you will always have God's love no matter how difficult your life may become. Let this also remind you that you have someone here on earth who cares about you and will keep you in their prayers."* After you have given away your new stone, please replace it with another from our baptismal font.

Heart Fire is the church's band. If you play an instrument, sing, or want to learn guitar, come join us. All levels of players are welcome. We lead worship on the 4th Sunday of each month. Rehearsals are Wednesdays from 5:30 to 6:30pm.

Newsletter Deadline:

Articles must be received in the church office by **Monday, April 23rd** to be included in the May Newsletter. If at any time you have an article for the newsletter, there's no need to wait until the deadline - write it up while it's fresh in your mind and send it in. It will be included in the following month's newsletter. **Receive the newsletter via email and save postage and paper costs.** Plus, it arrives in living color with occasional bonus items.

Bethlehem's Web Site: blcmesa.org

Share it with your friends, neighbors, and families. Our website was recently updated so our content displays to best advantage on today's newer technology of smart phones and tablets.

PowerPoint Pictures:

Taken any really good pictures lately? Want to share it on the PowerPoint overhead on Sunday? Email it to Laurel in the church office. Most of the pictures we use were taken by members, and we always enjoy receiving new ones. **Thank you for sharing!**

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## News from Noah's Ark

HAPPY EASTER! That sounds so much better than Happy April Fools Day. Either way, April is here. That means there is so little time left before the end of this school year. We have kindergarteners graduating and pre-kindergarteners preparing for the next step on their education journey. We have 3 year olds chomping at the bit to turn 4 and be able to play on the big playground. These different milestones are joys to be celebrated. As each year passes we learn more and more about the special gifts God has bestowed on each child. It is exhilarating to be a part of this learning process. We thank all our families for sharing their precious gifts with Noah's Ark.

We completed this year's Trike-a-Thon before going on Spring Break. Forty-four kids rode a total of 4,384 laps. As of this date we have reached a little more than half of our goal (\$3,490). Our families have one more week to turn in their sponsor monies.

Fall 2018 and summer 2018 registrations are in progress. We have 6 confirmed students for fall in our kindergarten and the other 4 classrooms are filling up quickly. God continues to bless Noah's Ark. Thank you all for your continued support of and prayers for our school.

Remember to join us on Friday, April 20<sup>th</sup> at 6:00pm for our annual spring concert. The kids are working very hard to thrill you with their voices and antics. We look forward to seeing you there.

God Has Risen! He Has Risen Indeed!

Blessings  
Ms. Jill



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**Bethlehem Star:** April, 2018

**Newsletter:** Receive the newsletter via email and save postage and paper costs.

4<sup>th</sup> Wednesday of the month:

### Stitch 'n Knit:

April 25<sup>th</sup> at 1:00pm in the NCO.

Bring your project of choice and join us for a couple of hours of camaraderie and quiet. Don't have a project? Just join us anyway.

Questions? Just call the office. 480-832-0462

### Prayer Shawl Ministry:

Anyone who is making Prayer Shawls (or wants to learn how to make them) is encouraged to come to Church on the 4<sup>th</sup> Wednesday of every month from 1:00-3:00pm. This is when the Stitch & Knit Group meets and we enjoy getting together for fellowship with them.

The Prayer Shawl makers are also welcome to join the quilters on Tuesday mornings to knit & crochet while the quilters do their quilting.

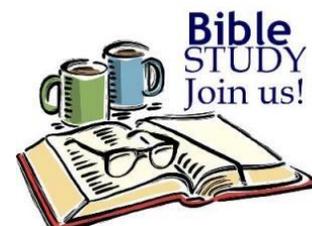
If you have any questions, please call the office.  
480-832-0462

3<sup>rd</sup> Thursday of the month:

### WELCA

Every woman who worships at Bethlehem is a member of WELCA, and we welcome your presence at our monthly meetings on the 3<sup>rd</sup> Thursday of the month. WELCA returns to its regular schedule which is from 10:00am to Noon. Beverages and snacks will be furnished. A typical meeting includes fellowship, Bible study and a business meeting. **Mark your calendar for Thursday, April 19<sup>th</sup>, at 10:00am.** We hope to see you there!

If you have any questions, please call or talk to Audrey Anderson or Ellie Thompson, co-chairs of WELCA.



## The Nurse's Corner:

Each month I highlight a health topic in the newsletter. Feel free to suggest health concerns that you would like to see added in future months.

Blessings,  
Carol Savoie R.N.

### April is Occupational Therapy Month

#### What is occupational therapy?

#### Why would I need occupational therapy?

Your life is made up of occupations - meaningful everyday activities. These occupations can include many roles, such as being a parent, a friend, a spouse, a tennis player, an artist, a cook, or a musician. We generally don't think about our daily occupations until we have trouble doing them. Everyone has occupations - from the toddler whose occupations are play and learning to develop important skills, to the older adult whose occupations are engaging with family and friends and managing his or her home. If you are recovering from an accident or injury, your valued occupations may be disrupted. Occupational therapy incorporates your valued occupations into the rehabilitation process.

#### When do I need Occupational Therapy?

Have you or a family member ever been diagnosed with a new health condition and found yourself asking, "now what?" Maybe you have a child with autism who is having trouble succeeding in school, or an aging parent who wants to remain at home but you're worried about safety issues, or you are experiencing depression and having trouble doing everyday activities. Occupational therapy can help you answer that "now what?" question. An occupational therapy practitioner will keep the focus on the things you need and want to do - your goals, your activities, your independence.

#### With occupational therapy services you can:

- ◆ Achieve goals, such as helping your teenager with a developmental disability gain the skills to transition from high school to independent living as an adult. □
- ◆ Stay as healthy and productive as possible, while managing a chronic medical condition. □

- ◆ Maintain or rebuild your independence, such as using assistive devices so you can care for yourself after a stroke. □
- ◆ Participate in the everyday activities important to you, such as driving, visiting friends, going to church, and other activities that keep you involved with your community.

In short, an occupational therapy practitioner can help you live life to its fullest no matter your health condition, disability, or risk factors.

#### Why would I need Occupational Therapy?

Imagine if an accident, injury, disease, or condition made it difficult for you to participate in your daily activities. A wrist injury means that getting dressed in the morning is painful. Arthritis makes driving challenging. Autism may hinder a child from interacting effectively with classmates. A traumatic brain injury keeps a wounded warrior out of active duty because of difficulties with memory and organizational skills. Or a small change in your activities or the environment could prevent a future condition (such as using ergonomics at work to avoid injury). Occupational therapy allows people across the lifespan to do the activities they want and need to do.

An occupational therapist will evaluate your situation and, with input from you (and perhaps your family, care provider, or friend), develop individualized goals that allow you to resume or pursue your valued occupations. After you develop goals with your occupational therapist, you will work together on a specific intervention plan to help improve or maintain your ability to perform daily activities and reach your goals getting back to your life. Occupational therapy practitioners can widen their focus to groups or communities too, developing and implementing programs that promote healthy behaviors, or address particular issues such as older driving, community transitions for returning soldiers, homelessness, troubled youth, mental health, and addictions.

Information obtained from: [www.aota.org](http://www.aota.org)

### Farewell to our Winter Visitors

Sunday, April 8<sup>th</sup> at 10:30am

**Potluck and Bingo**

Look for the sign-up.

Hope to see all of you there!



**Bethlehem Lutheran Church  
is a Stephen Ministry Congregation.**

**Caring Evangelism  
How to Live and Share Christ's Love**

Recently, a man with cancer sent in a Facebook post and gave permission to share it with you. In it, he describes his experience with *Cancer-Now What?*

Today, I am grateful for a book titled *Cancer-Now What?*, given to me by my cousin after my diagnosis. Cancer and everything that comes with it is incredibly scary. It stirs up a myriad of emotions, and at points life doesn't make sense at all. You feel drained not only physically but also emotionally and spiritually. The most important thing you need at that time is to know that you are not alone.

*Cancer-Now What?* Does just that. It really is an essential guide for facing this awful disease, and I am so incredibly grateful for being a recipient of this book. I am blessed!!!

It was great to see how the simple act of someone giving him this book meant so much to him. People around the world are giving copies of this book to friends, relatives, neighbors, coworkers, patients, clients, and others they know who are dealing with cancer. It's a practical, powerful way to help them navigate the wide range of challenges they may encounter-and to let them know, "You are not alone!"

In Christ

**Worship Service Team Meeting:**

Sunday, April 22<sup>nd</sup> @ 10:30am: Everyone who wishes to take part in the volunteer opportunities on Sundays, plan to come to this short meeting as we sign up for the opportunities during May, June, and July. If you have any question about the job descriptions, come to the meeting. Thanks for your time and efforts.

**Thrivent Choice Dollars:**

If you are a Thrivent member, you may have **Thrivent Choice Dollars** available to distribute. Not sure? Log on to the Thrivent website and check your account, or call your Thrivent agent, who can check for you.

**What are Thrivent Choice Dollars?**

From Thrivent: "By directing Choice Dollars<sup>(R)</sup> through Thrivent Choice, eligible members recommend where Thrivent Financial distributes some of its charitable outreach grant dollars among thousands of participating nonprofit organizations and congregations."

**Thrivent Choice Dollars received:**

In 2017 we received \$1,683.  
In 2018 we have already received \$2,086.

**Blue Clipboard**

There is a blue clipboard in the Narthex for everyone to update current address, phone number, and email address.

We are always looking for **Prayer Warriors** who want to be informed of immediate prayers via the telephone or email. Let us know if you want to join. Perhaps you would like to receive the email prayer list on Fridays; if so, just let us know.

**"Leaving a Legacy"...**

**Whether you've had cancer or not!**

Saturday, April 7<sup>th</sup>

9:00 - 11:00 am

**Lynne Hartke**, author of *Under a Desert Sky: Redefining Hope, Beauty, and Faith in the Hardest Places* and **Voice of Hope** with the American Cancer Society.

- People dealing with cancer or other illnesses
- A thought provoking workshop of hope
- How will you tell your story

Holy Trinity Lutheran Church  
739 W. Erie St.  
Chandler, AZ 85225  
480-963-4127

**RSVP: 480-747-8315**

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A **Special Thank You** to Brian Myers of **PM Pest Control**. He volunteers his time and services to Bethlehem and Noah's Ark for free. **PM Pest Control** can handle all of your pest and weed control needs. Call 602-920-7032.
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Thank you **Sparkletime Window Washing!** They are donating the cleaning of Bethlehem's windows for free. Your windows can sparkle, too. Call 480-225-5141 and tell Nathan and Bradley that you attend Bethlehem Lutheran Church. **They will donate 10% of your window cleaning cost to Bethlehem.**  
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Thank you, **Your Computer Lady!** Pamela volunteers for Bethlehem to do social media work. Call *Your Computer Lady* for email marketing or social media needs.
480-929-0335 www.YourComputerLady.com
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Noah's Ark is a part of **Fry's Community Rewards**. The next time you shop at Fry's, stop by the front desk for details.

## Business and Service Cards

### Bulletin Board

Members and Friends of Bethlehem are invited to post your Business Cards on the Bulletin Board in the **Social Hall**.

## Amazon Smile:

Do you shop online at Amazon.com? Bethlehem is part of the **Amazon Smile** program. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **Bethlehem Lutheran Church** whenever you shop on AmazonSmile. When you log on to Amazon, you must do so through [smile.amazon.com](http://smile.amazon.com) for Bethlehem to receive the benefits.



2<sup>nd</sup> Wednesday of the month:  
**Mexican Train Dominoes**

April 11<sup>th</sup> at 1:00pm in the NCO.

Every Wednesday:  
**Choir Rehearsals**

Wednesdays at 6:30pm



Every Thursday:  
**Men's Bible Study**

8:08am in the Social Hall.

**Note the time change.**

**Vimeo:**

If you want to hear the sermon again or share it, recorded sermons and special events at Bethlehem are available to be watched and downloaded at [Vimeo.com/blcmesa](http://Vimeo.com/blcmesa). Check out Preschool activities, Heart Fire activities, the latest wedding or baptism, and Pastor Chon's sermon. The site supports HD quality videos and is not restricted by length or storage capacities (other than a maximum of 5 gig per week). If you record a video of a church-related function and would like it posted on our site, please call the office. 480-832-0462

Our **Weather Station** which is mounted on the pergola in the Community Garden reports the weather, real time, on line. On your computer go to [weatherunderground.com](http://weatherunderground.com). In the search window located at the top right of the screen, type in our weather station ID. KAZMESA121. You can view weather conditions real time and see graphs that report the history. Enjoy. The direct link on your computer is:

<http://www.wunderground.com/personal-weather-station/dashboard?ID=KAZMESA121>

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[Ps46v1@blc.phxcoxmail.com](mailto:Ps46v1@blc.phxcoxmail.com)

**Bethlehem Etiquette 101**

**Item #2: Sign-up Sheets**

Blank lines means no one has signed up. If you can and want to do the task please sign your name. Ideally there won't be blank lines because everyone is so dedicated and anxious to sign up ahead of time. If something comes up "down the road" and you can't fulfill the task, please find someone to change with or to do it for you. If the sign-up sheet is for food, please bring what you signed up for.

## Media at Bethlehem:

We're always on the lookout for new ideas about how Bethlehem can use social media. Tell us yours. We want to share God's promises with all creation.

## Fair Trade Coffee for Mission:

The coffee we use for Hospitality on Sunday, which is also on sale in the social hall, is bought through Lutheran World Relief. This is an Equal Exchange program which takes out the "middle man" so the small farmers get the fair trade value of their coffee. A small amount of our purchases go to support Lutheran World Relief. You June notice that we don't have as many different types of coffee as they were not selling. If there is a coffee type that you would like please let me know.

Thanks, Carol Savoie

## Holy Yoga:

A Christ-centered yoga class on Tuesdays from 6:00-7:00 pm in Room 9/10. No experience needed. Can be done from chairs or the floor. Bring: yoga mat, comfortable clothes, water, & \$5 suggested donation. Questions? Call Renaya VanDusen at 480-717-3477.

## Memorial Tiles:

Bethlehem Lutheran Church participants have the availability of purchasing memorial plaque tiles to go on our master plaque. An individual name tile costs \$15. If you choose two names, one on each tile, the cost is \$25. If you are interested or need more information, please call the office. 480-832-0462

The **World Hunger Basket**, located in front of the altar, is a continuing mission activity. You are invited to donate before, during, or after worship. ½ of the funds are sent to the ELCA World Hunger program, and the other ½ remain at Bethlehem to purchase food for the food bank at First Lutheran when their shelves are empty. The second page of the monthly calendar reports how much we sent to World Hunger the previous month, and how much of the funds on-hand were used to purchase food for the food bank. The cash raised at the annual Souper Bowl event is handled in the same manner.

## ELCA's World Hunger Leadership Conference - 2018

ELCA holds a world hunger leadership conference every 18 months. This year, it was held in Washington, D.C., with a theme of "Until All Are Fed." Karen Vidot, a member of Bethlehem Lutheran Church in Mesa, attended on behalf of the Grand Canyon Synod. Here are some of her reflections:

The four-day conference started on Sunday night and continued with excellent speakers throughout.

Monday, a speaker shared how listening to a personal story makes an impact, then shared his story of being HIV positive at the age of 5. He grew up to have a passion to teach people that HIV or AIDS is not a stigma we need to bear, but to help these people deal with what the illness does in their life.

We also learned about strategy, passion and attitude. We were reminded that Jesus was a public servant who worked a thankless job. They taught us how to advocate (this was a new area for me). We witnessed two scenarios of how a Hill visit could go and discussed ways to have improved it. (Hill visit -- yes we had scheduled appointments with our various legislators to advocate for the Farm Bill.)

Tuesday, our Hill visits included meeting with the legislative assistant to Sen Jeff Flake-R, the legislative correspondent for Sen John McCain-R, the legislative assistant to Rep. Andy Biggs-R, and the Deputy Chief of Staff for Rep. Kyrstin Sinema-D. We closed that evening with keynote speaker Marie Bedley, who shared personal stories of seeing food wasted as a young teen and wanting to make a difference.

Wednesday, we discussed regional efforts. Melanie Hobden (also from the GCS) committed to work with two students from Cal Lutheran to roll out a webinar for an Earth Day Challenge focused toward youth groups. Look for more information on that initiative in the future.

This was a positive learning experience. I would recommend anyone interested in serving the hungry in your community to attend one. Each one is held in a different place, so they don't all revolve around politics.

If you would like more information contact Karen at [Karenatnerak2499@gmail.com](mailto:Karenatnerak2499@gmail.com). To get involved on a synod level, contact Global Engagement Chair, Pastor Karn Carroll at [pastorkarn@oslconline.org](mailto:pastorkarn@oslconline.org).

## Plan Ahead:

### FAITH AND DOMESTIC ABUSE & VIOLENCE CONFERENCE (NOT IN MY HOUSE)

**Date:** Tuesday, October 2, 2018

**Time:** 8:00 am to 12:15 pm

**Location:** Dayspring United Methodist Church  
Fellowship Hall  
1365 E Elliott Road  
Tempe, AZ 85282

Whether or not you are aware of it domestic violence and abuse is happening in your congregation!

- ◆ 1 in 3 women and 1 in 4 men have been physically abused by an intimate partner.
- ◆ 1 in 15 children are exposed to intimate partner violence in the home.
- ◆ 21% of female and 13% of male high school students report being physically or sexually abused by a dating partner.
- ◆ Only 33% of female victims tell anybody.

Join us to learn how to recognize and respond to the needs of your congregants.

#### Who Should Attend:

- Religious Leaders
- Lay Religious Leaders
- Stephen Ministers
- Church Advocates

Plan to join us for this powerful conference.

*God tells you to do justice, love kindness and walk humbly with your God.* Micah 6: 8



## Snippets:

- ❖ Don't let your worries get the best of you; Remember, Moses started out as a basket case.
- ❖ Some people are kind, polite, and sweet-spirited until you try to sit in their pews.
- ❖ Many folks want to serve God, but only as advisers.
- ❖ The good Lord didn't create anything without a purpose, but mosquitoes come close.
- ❖ When you get to your wit's end, You'll find God lives there.
- ❖ People are funny; they want the front of the bus, middle of the road, and back of the church.
- ❖ Opportunity may knock once, but temptation bangs on the front door forever.
- ❖ Peace starts with a smile.
- ❖ Be ye fishers of men. You catch 'em - He'll clean 'em.
- ❖ Coincidence is when God chooses to remain anonymous.
- ❖ God promises a safe landing, not a calm passage.
- ❖ The task ahead of us is never as great as the Power behind us.
- ❖ The Will of God never takes you to where the Grace of God will not protect you.
- ❖ We don't change the message, the message changes us.



# Garden Seeds: *Life began in a garden... (Genesis)*

Even the gods love jokes. ~Plato (Yes - April 1<sup>st</sup> is on a Sunday; and NO - pastor did NOT cancel church.)

If April showers bring May flowers, what do May flowers bring? ->> **PILGRIMS** !!! 😊

Welcome to **SPRING** at our garden.



Our Italian Dinner was co - hosted with **HEARTFIRE** this year and was quite a success. We are still reconciling numbers at the time of this printing. We want to **THANK EVERYONE** that participated albeit as a helper, or as a guest of ours; and to our sponsors. **THANK YOU!!!**



**WATERMELLO NS** - have been seeded in the Garden Patch. Now its just time to watch and wait...

In March, Rich teamed with **JIM & ELLIE** to get **NUTTY**, Peanuty with our Noah's kids. (Check the video on Facebook) They learned about peanuts/ planted them and even roasted some. Now we just have to wait for the peanuts to harvest in the fall and have another peanut roast.



**VOTED:** At the Annual Meeting - your new board: President – Rich Johnson; VP – Terry Kahl; Secretary – Rich Johnson; Treasurer – Charles Eisenbise; Carol Diemer; Steve Rye; Jonathan Diemer; Joanne Hunt

Bethlehem Star: April, 2018



The Garden's latest Gift to Bethlehem and to Noah's – a "Pavestone" footpath that enjoins the parking lot with the garden and jointly provides a boarder for our fruit trees. The footpath was built with volunteer labor and donated pavers.

And back to **WATERMELLONS...**

#### Fun Facts about Watermelon

- 96 countries grow watermelons globally.
- Considered a polite gesture, the Chinese and Japanese often give watermelons to the host when they visit.
- Israelis and Egyptians enjoy salads made with sweet watermelon and salty feta cheese.
- Watermelon has a 92% water composition.
- The first cookbook published in the United States included a recipe for watermelon rind pickles.
- The largest watermelon ever grown weighed in at 268.8 pounds.
- Watermelon contains plenty of vitamins A, B6 and C.

*Fun  
Facts  
about  
Tomato*

**es**

- 94.5% of tomato's weight is water.
- Tomato plant originates from the family of Nightshade plants ([potato](#), tobacco, chili peppers) from Central America. It was domesticated around 500 BC by Aztecs and used not only as a food, but also as powerful (and dangerous) hallucinogenic.
- Tomatoes can keep longer if you store them with their stem down.
- 93% of American gardening households grow tomatoes! It's the most popular vegetable in the US.
- 96% of the American processed tomato production comes from sunny California. Florida is the leader in the production and sale of fresh market tomatoes.
- Heaviest tomato was 3.51 kg, largest tomato plant reached 19.8 meters, and biggest tomato tree managed to grow 32 thousand tomatoes that weight 522 kg.
- Tomatoes rapidly lose their Vitamin C if sunlight can reach them while they are stored.
- Sometimes tomatoes are picked green and dosed with ethylene gassed on their way to the supermarket. This way when they arrive, they are ripe.
- Green tomatoes will ripe if you store them together with apples. Released ethylene gas will provide perfect conditions to ripen faster. If you don't have apples, you can loosely wrap them in newspapers and leave them for week or two.
- In 19th century tomato was called "The Apple of Love" in France and "The Apple of Paradise" in Germany. In England it was considered to be poisonous.
- Americans have increased their tomato consumption 30% over the last 20 years. In the last few years however, salsa has replaced ketchup as the top selling condiment in the United States.
- Leaves of tomato plant are toxic.
- Tomato has powerful medicinal properties. It can lower the risk of cancer, prevents cardiovascular diseases, purifies cigarette smoke carcinogens, full of minerals and vitamins, lowers hypertension, regulates blood levels, dissolves gallstones, reduces severity of blood clots, treats inflammation, and more.
- Refrigeration decreases flavor and quality of tomatoes.
- Tomato juice is the official state beverage of Ohio, and state vegetable of New Jersey.
- It is speculated that there is over 25 thousand tomato varieties.
- Many European countries resisted to include tomato and other new world vegetables into their diets. They feared them because they were not mentioned in the bible, untrained use led to bad yields on farms, and inedible parts caused sickness and death.
- Americans obtain more vitamins from tomatoes than from any other vegetable.
- Average American eats around 24 pounds of tomato each year

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