

## THE WORLD'S BEST TOMATO



San Marzano tomato or pomodoro di San Marzano dell'agro sarnese-nocerino PDO is a tomato variety recognized as an Italian product with PDO or Protected Designation of Origin.

The San Marzano tomato takes its name from the village of San Marzano in southern Sarno, near Naples. Originally from Peru, it was brought to the region between Naples and Salerno during the 18th century.

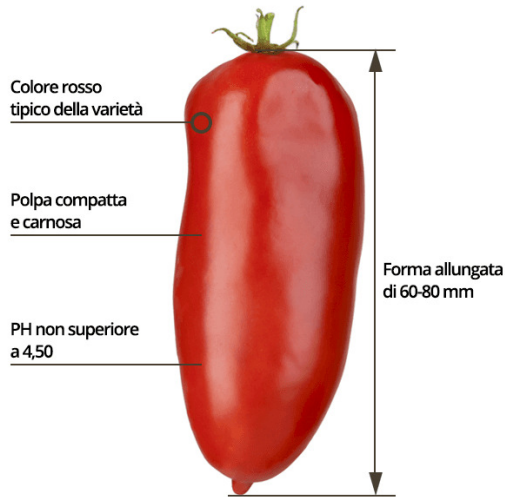
Tomatoes are grown on volcanic soil in the shadow of Mount Vesuvius. The San Marzano tomato is a tomato from the group of long, sharp Italian tomatoes, with thick flesh with intense color and are firm and tasty.

### **Features of Tomato San Marzano**

San Marzano tomatoes and Roma tomatoes have been designated as the only tomatoes that can be used for Vera Pizza Neapolitan or true Neapolitan pizza.

Tomato is especially suitable for use without peel in sauces, pizzas and other hot dishes and is loved by cooks and pizza makers around the world.

### **The San Marzano Tomato Terroir**



San Marzano tomatoes are produced in the lands of the Agro Nocerino Sarnese region which extends to the Sarno plain and is mainly covered by pyroclastic material of volcanic origin.

Agro Nocerino Sarnese's lands are very deep, soft, with a good supply of organic substance and a high amount of phosphorus and potassium. The hydrology of the territory is very rich due to the presence of numerous

springs and abundant aquifers of different depths. Water used for irrigation is usually derived from wells that feed directly from the water table.

With reference to the climate Agro Nocerino Sarnese suffers the beneficial influence of the sea. Temperature fluctuations are not noticeable and if the thermometer goes below freezing it is for a short time and hail is quite rare. Rain is abundant in fall, winter and spring, and little or no in summer. Although rainfall is scarce in the summer months, the relative humidity remains quite high.

The law states that the harvesting of the fruits must be done exclusively by hand, in a scalar way, when they reach full maturation and occurs in several stages.

### **How to Buy San Marzano Tomato**

Tomato is a seasonal crop, and even locally produced tomatoes have a large flavor variability depending on the time of year. Also, it will obviously be very difficult to find fresh San Marzano tomatoes outside Italy. So, the best and only alternative will be to buy canned tomatoes or in glass jars.

Canned tomatoes offer some advantages over fresh tomatoes as, for example, they were harvested and canned at the peak of their ripeness and reached the highest concentration of flavor. Tomatoes are preserved using heat which releases lycopene a carotenoid that could help prevent prostate and infarction cancer and canned tomatoes are super easy to use as they are peeled, sometimes minced and ready to cook.

### **San Marzano tomato of the Italian Mutti Brand**



Search for San Marzano tomato cans that contain no additives, only tomato and mashed or tomato juice and to be sure of origin look for cans with the Protected Designation of Origin or PDO or Denominazione di Origine Protetta seal and search for free cans. bisphenol A or BPA Free.

### **How to Use San Marzano Tomato**



Squeeze the tomatoes by hand, mix with a little salt and olive oil and then spread the raw sauce on top of a pizza dough. After topping with a little mozzarella di Buffalo and some fresh basil after it comes out of the oven you will have a Neapolitan style pizza. As it is a pizza made with so few ingredients the tomato flavor will be highlighted.

Another way is in the 20 minutes it takes to boil water and cook pasta heat a can of tomatoes on the stove with a clove or two of mashed garlic, a pinch of salt and a pinch of oregano to make a great and simple marinara sauce.

When the pasta is almost done, drain and pour into the sauce that is heating stove and sprinkle generously with a good olive oil and serve immediately. Finally have some bread in hand to use as scarpetti or little shoes in Italian which is the word that Italians use to scrape the sauce off the plate.

Enjoy your food!