

### Back to Studying!

Getting back into the routine can be a challenge for back to school. Here are some great back to school study tips!

1. You don't need ONE study space. Try libraries, parks, or even moving to the kitchen table will give you a change of scenery which can prompt your brain to retain information better.
2. Get into a routine.
3. Learn how to create a distraction-free zone. Try turning off notifications or blocking social media temporarily so you can concentrate on the homework tasks.
4. Study a little every day. You may remember the vocab list long enough to ace the quiz, but reviewing the terms later will help you store them for the long haul.
5. Make a friend in every class. Keep a contact for homework questions.



### Tomatoes

These tasty vegetables are high in Vitamin C and low in calories and sodium. They are rich in lycopene and antioxidants which are good for the heart and helps with some cancers. Cooked tomatoes are actually better for you than raw ones as more beneficial chemicals are released. Tomatoes come in a variety of different colors, not just the common red ones you typically see. When selecting tomatoes at the store or farmers market look for ones free of bruises, blemishes, or deep cracks. Because the tomato has seeds and grows from a flowering plant botanically it is classified as a fruit and not a vegetable!

*Florida grows tomatoes more than any other state!*

### Pasta al Pomodoro

#### Ingredients:

- ◆ 12-16 oz pasta, boiled according to package directions
- ◆ 3 Tbsp Olive Oil
- ◆ 6 medium cloves of garlic smashed and roughly chopped
- ◆ 4 large Vine Ripened Tomatoes, peeled and chopped
- ◆ 1-2 tsp Salt
- ◆ Basil Leaves, julienned



#### Directions:

1. The sauce should take about 5 minutes to cook, so time your pasta accordingly. Use the boiling water for the pasta to parboil the tomatoes for about 30 seconds to make them easy to peel.
2. Add the oil and garlic to a large frying pan, and heat over high heat. Fry until the garlic is fragrant, but don't let it brown. Add the tomatoes and sauté until the liquid left in the pan isn't watery anymore. Add salt to taste.
3. When the pasta is done, drain and add it to the frying pan along with the basil. Toss to coat and serve immediately.

<https://www.pbs.org/food/recipes/pasta-al-pomodoro/>

