Tomatoes are the foundation for many savory foods such as pizza, pasta and sandwiches. People are not the only consumers of this versatile veggie. A relative of the Tomato Hornworm, the White-lined Sphinx Moth caterpillar has quite the appetite for tomatoes. White-lined Sphinx Moth caterpillars use a range of host plants, including other members of the tomato family, and native plants such as Sundrops, to name a few. These caterpillars are also called hornworms because of the distinct horn at the end of their plump, worm-like bodies; the horn is harmless to people. The hungry, rapidly growing caterpillars obtain energy at the cost of their host plants, often completely eating them to the stem and sometimes munching on the fruits! Enemies of hornworms, such as the tachinid fly, lay their eggs inside and on hornworms (upper left image). Once hatched, these little maggots live inside of the hornworm and feed on its tissues, in a form of parasitism known as parasitoidism. If the hornworm is lucky enough to survive such threats to its life, it will turn into a beautiful brown Sphinx Moth! These acrobatic creatures hover like hummingbirds over blooms, sipping nectar with their extra-long tongues. Because they are most active at night, you can attract White-lined Sphinx Moths by planting night-blooming species like Sundrops. Help keep their caterpillars out of your tomato plants by attracting tachinid flies and parasitoid wasps with nectar and pollen plants like yarrow, dill, and parsley. These beneficial insects will keep pesky hornworms at bay and help pollinate too!

**Tomato Bruschetta**

Servings: 6  
Estimated Time: 15 minutes

Ingredients:  
- 6 slices of crusty bread  
- 2 tablespoons olive oil  
  (extra for brushing bread)  
- 2 cloves garlic, minced  
- 2 tomatoes, diced  
- 1 tablespoon fresh basil, chopped  
  (1 teaspoon if dried)  
- Salt and pepper to taste  
- Grated parmesan cheese for topping

Instructions:  
1. Brush the bread slices with oil, toast on a medium-hot skillet, and set aside on a plate.  
2. In the same skillet (while still hot), add the olive oil and sauté the fresh garlic until lightly brown.  
3. Add the tomatoes to the skillet and continue cooking for one minute.  
4. Remove the skillet from heat, stir in basil, and add salt and pepper to taste.  
5. Spoon the mixture on toasted bread and sprinkle parmesan cheese on top while still warm.  

*Serve right away for a simply delicious appetizer or snack!*

There are many tomato varieties unique in size, color, and taste.  
What is your favorite kind of tomato?