



Growing inspiration in your garden...

## PRESS RELEASE

### Mr Fothergill's Red Bodyguard Taste the tomato, read the book (MRF528A)

"A book written about the beneficial properties of the tomato has given its name to a new British-bred variety launched exclusively for the 2016 season by Suffolk seedsman Mr Fothergill's. "The Red Bodyguard: The Amazing Health-promoting Properties of the Tomato" by Ron Levin is published in its third edition by IRIS (International) Ltd.

Ron's daughter-in-law Sarah Levin contacted Mr Fothergill's to see if a new tomato might be named in honour of her father-in-law's 90th birthday. Staff at the company read Ron's book and liked the idea. **Tomato Red Bodyguard F1** is the result of various crosses made by renowned breeder Simon Crawford using seed harvested from Mr Fothergill's trial ground. The result is an indeterminate, early cropping, high yielding, new strain, with some resistance to late blight, which produces medium-sized, juicy, delicious and aromatic fruits.

"We have developed strong links with Simon through the years, and are delighted to have launched his excellent Red Bodyguard F1 for 2016, especially as this has been nominated internationally as the Year of the Tomato, which we shall be emphasising through our retail stockists", says Mr Fothergill's technical manager Alison Mulvaney.

Ron Levin, a Fellow of the Royal Pharmaceutical Society, was intrigued by the World Health Organisation's promotion of eating portions of fruit and vegetables a day, and wondered whether some were better than others for human health. He read hundreds of studies on tomatoes, and the more he read the more he was convinced of the remarkable properties of the tomato. "The ripe red tomato is surely a health gift from Nature", says Ron. It was this huge amount of research which spurred him to write "The Red Bodyguard" in the hope of making as many people as possible aware of it.

A packet of 10 seeds of tomato **Red Bodyguard F1** costs £1.95. It is available from garden centres and other retail outlets throughout the UK, and from Mr Fothergill's mail order catalogue.

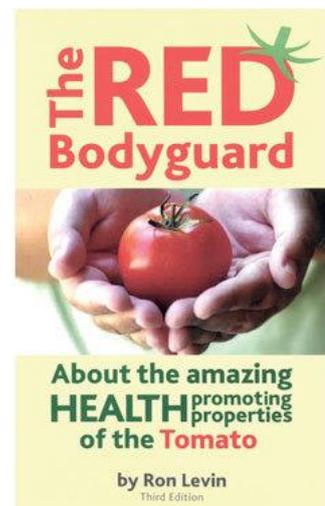
To request a copy of Mr Fothergill's Seed Catalogue 2016, go online at [www.mr-fothergills.co.uk](http://www.mr-fothergills.co.uk), telephone 0845 371 0518 or write to Mr Fothergill's, Gazeley Road, Kentford, Suffolk CB8 7QB.

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**Press contact:**

For images or further information, please e-mail Colin Hambidge on [colin.hambidge@mr-fothergills.co.uk](mailto:colin.hambidge@mr-fothergills.co.uk)

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Company Registration No. 1710774 - VAT No GB 390 5718 35. Registered Address: Gazeley Road Kentford. Suffolk CB8 7QB