

SAN ANTONIO, TX, September 24, 2013 /24-7PressRelease/ -- [Double Dave's, San Antonio](#) restaurant, celebrates a recent [article](#)

in Auburn Pub that highlights Cayuga County's TomatoFest, tantalizing taste buds while putting food on local tables. Because the Double Dave's staff knows the key ingredient to healthy, delicious pizzas is hidden in the tomato sauce, the group gladly supports the festival's mission. The report notes that it is harvest time for Cayuga County tomatoes and that folks come together to celebrate the red, round, juicy fruit for the 28th annual CNY TomatoFest. The article states, "Lining shelves with canned bounty from gardens and orchards is a centuries-old method of food preservation and the festival's mission is taken from this pantry-filling practice." Darlene Garrison, a TomatoFest board member, adds, "All money stays within Cayuga County. The cause is great; we help food pantries feed people."

The staff at Double Dave's, San Antonio pizzeria, praises the festival organizers for demonstrating a session on why tomatoes are healthy. "They're a nutritional powerhouse," said a registered dietician, Sabrina Hesford. "Tomatoes are shown to be high in lycopene, an antioxidant that's shown to help prevent cancer."

The Double Dave's team expounds on the concept of hidden nutrition in pizza. "The crust, sauce, and toppings each have their own health benefits," said a representative. "The core ingredient of pizza sauce is the tomato. This fruit is full of various vitamins and nutrients that help prevent diseases and illnesses. The main component of tomatoes is lycopene, and this nutrient can inhibit and reverse tumor growth."

According to the staff at Double Dave's, San Antonio hotspot, scientists have researched the benefits lycopene has on the body. Pizza-eaters are shown to have less risk of heart disease and osteoporosis. In some male consumers, lycopene has helped prevent male infertility.

"Pizza sauce contains small portions of other beneficial items," said a staff person. "Garlic contains vitamin B6, which provides the body with healthy, natural energy. Vitamin C is found in garlic as well as manganese, an agent that prevents cancer. Olive oil fights high cholesterol by providing the body with fatty oils. Basil and oregano contain high doses of fiber and vitamin K, helping with blood flow in the body."

Even with these added health advantages, the staff at Double Dave's acknowledges that tomato sauce is the hidden secret to health. The chefs at Double Dave's use only the best tomatoes for their pizzas, which are packed directly after they are picked from the vine to preserve their

Double Dave's, San Antonio Pizzeria, Supports TomatoFest and Local Foods

Written by Australian Business

freshness. All tomatoes are carefully inspected by hand and steam-peeled, avoiding the use of chemicals. The team at Double Dave's, San Antonio pizzeria, encourages consumers to consider how tomatoes, particularly sauces found on pizza, can add numerous health benefits to their lives.

ABOUT:

[Double Dave's, San Antonio](#) pizza place, creates food by hand from the best local ingredients. Special attention is given to every item prepared in the kitchen, and the chefs strive to keep innovation at the forefront while preparing authentic, original specialty pizzas. The restaurant's mission is to provide nutritious, yet delicious meals. Double Dave's tomato sauce and dough are two particular items that have received ample recognition. The restaurant has also received a perfect score from the health department, attracting a diverse and full crowd.