

How to Eat: Cherry tomatoes

Directions by: Jessica Pleyel

Choose one tomato. Only one.
One that instantly catches your attention.

Hold it in your right palm, cradle it there.
Put your left hand on top of your right.
Peek between your fingers, can you see the tomato?
Is it hidden in the dark crevices of your hand?

Open your hands, cupping the tomato.
Massage its skin with your thumbs.
Feel its skin against yours.
What does the skin feel like?
Does it feel like your skin?

What color is the tomato?
Ruby? Scarlet? Fire Engine Red?
The color of your mother's mouth?

Where did this tomato come from?
Do you know?

Open your mouth.
Make your mouth the same shape as the tomato.
Put the tomato between your lips.

Holding the tomato in this position,
Touch it with the tip of your tongue.
What color is your tongue?
Is it the same color as the tomato?

Push the tomato into your mouth with the finger of your choosing.
Hold it in your mouth on your tongue.
Breathe in and out slowly.
Does the tomato rise and fall?
Is it breathing?

Rub the tomato between the roof of your mouth and your tongue.
Let every bump on your tongue touch the tomato's round body.
Is this comfortable?

Move the tomato from your tongue to your molars.
Grip the tomato between these teeth.
Squeeze down gently, be careful not to break the skin.
Does this cause tension?

Ease up the pressure on the tomato.
Pause for a moment.

Bite down quickly!

Now the tomato has burst within your mouth.
What does it taste like?
A summer afternoon? A water balloon? A deep kiss?

Swallow the remains of the tomato.

Repeat this process.