

Fresh Veggie Series

Vine & Fig Educational Outreach Program



This Week's Produce Items

Radical Roots Farm:

Tomatoes, lettuce mix, cherry tomatoes, herb, peppers, kale, cucumbers from Radical Roots and Friendly Neighbor Gardens.

St. Isidore Homestead & Permaculture: One pound tomatoes, one pound onions and one large pepper

Recipe of the week:

Pico de gallo

Ingredients

- 5 tomatoes, minced
- 1/2 red onion, also cut into very small pieces
- 3 spoonfuls of chopped cilantro
- the juice of one lime
- salt and pepper to taste
- optional: 1 jalapeño, without seeds and finely chopped, and cumin and garlic.

Directions

- Mix all the ingredients into a big bowl. That's it! Pico de Gallo goes well with tortillas, chips or rice. Enjoy!



vinefigeducation.org/recipes