

The Fresh Veggie Series

Vine & Fig Educational Outreach Program

This Week's Produce Items:

Tomatoes, Salad Mix, Lettuce, Peppers, Garlic, Zucchini, Herb, Kale

Recipe of the Week:

Pico de Gallo

Ingredients

- 5 tomatoes, minced
- ½ 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

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



vinefigeducation.org/recipes



Radical Roots
COMMUNITY FARM