



Fresh Veggie Series

Vine & Fig Educational Outreach Program

This Week's Produce Items:

Radical Roots Farm: tomatoes, herb, lettuce, scallions, kale, cucumber and
Jubilee Climate Farm's garlic
St. Isidore Homestead & Permaculture: tomato, onion, yellow squash, cucumber, new potatoes, herb

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