



Fresh Veggie Series

Vine & Fig Educational Outreach Program



This Week's Produce Items:

Radical Roots Farm: HCPS Mobile Cafe: Garlic, Swiss chard, Onions, Pepper, Cucumber, Lettuce and Cilantro All other locations: Garlic, Lettuce, Cucumber, Peppers, Onions, Tomato and Lettuce Mix, Herb

St. Isidore Homestead & Permaculture: Potatoes, Turnips, Tomatoes, Carrots, Oregano and Radical Roots' Garlic

Friendly Neighbor Gardens: Garlic, Lettuce, Cucumber, Zucchini, Kale and Carrots

Recipe of the Week:

Veggie Tacos

Ingredients

- 1 tomato
- 1/2 white onion
- 2 garlic cloves
- 1 serrano pepper
- 2 zucchinis
- 1 corn
- cilantro
- queso fresco
- olive oil
- cumin
- oregano
- salt and pepper

Instructions

1. First, chop all the vegetables. Then heat olive oil on a pan and cook until the tomatoes are saucy, and the onions are translucent. Add the garlic and serrano pepper and mix well.
2. Add the zucchini, corn, vegetable broth, and spices. Let it simmer for 7 minutes and add the cilantro.
3. Add the cheese, cover again, and let it cook for 2 minutes. You can start heating up your tortillas.
4. Finally, build your tacos. You can add avocados and pickled onions. Enjoy!



vinefigeducation.org/recipes