

Basic Salsa Fresca Recipes from the Farm!

Basic Salsa Fresca - with a moderate heat

The consistency of your salsa will depend on your tomatoes. For a thicker and chunkier salsa, use thick walled tomatoes with low water content or remove portions of the seed cavity if your tomatoes are quite juicy. For heat loving folks, adjust the hot pepper to your taste! If you have garlic from previous weeks, throw a teaspoon or two into the mix!

1 lb tomatoes, diced

2-4 T green onions, minced

1 jalapeno (or 2 chili pepper or 1/4 habanero)

1/4 cup lime juice

1/4 cup olive oil or sunflower oil

salt to taste

Blend all ingredients, let sit for 15 minutes before serving

Your salsa should last several days up to a week in the refrigerator stored in a sealable container.

Add cilantro, parsley, sweet peppers, avocado, radishes or kohlrabi for extra crunch - or anything else you have available - experiment and enjoy! Here are a couple of other recipes to play with!

Stop Light Salsa - Red, Yellow, Green

1/2 cup Red Heirloom Tomatoes, seeded and diced

1/2 cup Yellow Banana Peppers, seeded and diced

2 T Green Onion, -white part minced

Hot Pepper, finely minced, add to taste

Salt, Pepper - to taste

2-4 T Lime Juice

Cilantro - to taste

Cool Refreshing Cucumber and Parsley Salsa

1 lb cucumbers, seeded and diced

1/2 lb mixed heirloom tomatoes, seeded and diced (if using Cherry Tomatoes, no need to seed, just cut into quarters)

1/4 cup minced parsley leaves

1/4 cup minced onion

Hot Pepper to taste (if you are new to working with hot peppers, and have a low heat threshold,

1 thai chili, 1/2 jalapeño or a hint of habanero)

3 T olive oil or use sour cream or yogurt for a creamy salsa

3 T lemon juice

Salt to taste