

# Fresh Salsa

Make delicious market salsa

## Goal

Children make a salsa using fresh market ingredients. Children practice cooking skills such as cutting and mixing.

## Materials

(Amounts given are for approximately 20 children)

- 3 sweet green, red, or yellow local peppers
- 2 small to medium local onions
- 1 bunch of cilantro
- 3 pounds of large local tomatoes or 4 pints of small tomatoes such as Yellow Pear, Sun Gold, or cherry tomatoes
- Salt and pepper to taste
- 2-3 limes
- 3 garlic cloves (optional)
- Paper bowls (1 per child)
- Plastic knives (1 per child)
- 4-5 cutting boards
- Plastic spoons (1 per child, to sample their recipe)
- Corn tortilla chips
- Handwashing station
- Book (optional): *Chicks and Salsa* by Aaron Reynolds

## Preparation

Wash and cut the ingredients into large chunks and divide them evenly into paper bowls. Since children come and go from the activity tent at varying times, having one bowl of prepared ingredients per child will help the cooking lesson run smoothly.



## Tweak it!

You can make salsa with any combination of fresh local ingredients. In May, consider making a strawberry salsa. In August, feature peaches, and in September, make a salsa with cucumbers.



## Activity

1. As children come to Growing Minds @ Market, explain what they will be making and ask them to wash their hands.
2. Give each child a bowl with ingredients and a plastic knife. Tell the children which ingredients came from farmers at the market.
3. Have children use the plastic knives and cutting boards to cut the ingredients into small pieces and add them back to their small bowls.
4. When they are done cutting, give each child a small slice of lime to add to the salsa and a spoon and ask them to stir until the salsa is well mixed.
5. Give the children several chips and encourage them to taste their homemade market salsa!
6. Provide children and families with a copy of the recipe (written with portions for a family) to take home.

## Read a Book

If children finish their project and are looking for something else to do, they can read *Chicks and Salsa* by Aaron Reynolds, or an adult can read it to them.

