



# Farm to School Goes Home

Fourth Week of August



## LOCAL FOOD RECIPE

### Fresh Salsa

*Home Recipe: 3-4 Servings*

- 1 green pepper
- 1 medium onion
- 2 lbs. ripe local tomatoes
- 1 bunch cilantro
- 1 garlic clove (optional)
- Juice of 1 lime
- Salt and Pepper to taste
- Tortilla Chips

### Steps

1. Remove seeds from the green pepper.
2. Finely chop the green pepper and onion and place in a large bowl.
3. Dice the tomatoes, removing the stem and hard center and add to green pepper mixture.
4. Finely chop cilantro and garlic.
5. Mix all ingredients in the bowl.
6. Add lime juice, salt and pepper to taste.



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## GARDENING IDEAS FOR PARENTS AND KIDS

### Spinach Garden

By the end of August, most of your garden vegetables for the fall should be planted in the ground or in containers. One of our favorite fall vegetables is spinach. It's easy to make a simple spinach garden in a bucket, old tupperware container, or any clean, large recycled container.

### Steps:

1. Drill small holes in the container, fill it with top soil, add a bit of compost (bagged mushroom compost is great!), and you're ready to plant.
  2. Plant spinach seeds an inch apart and an inch deep. Be sure to keep the seeds well watered, especially during the first two weeks after you've planted them.
- \* For best results, keep the container in the cool shade and water daily until the spinach seedlings poke through the soil then move to full sun.



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