



Always wash hands prior to any cooking or harvesting activity.

# GARDEN FRESH PICO DE GALLO

**Overview/Description:** Use fresh garden-grown ingredients to make salsa.

**Season:** Summer, Early Fall

**Grade Level:** K - 8

**Lesson Time:** 30 Minutes

**Type of Activity:** Recipe

**Materials Needed:** Cutting boards, knives (including serrated knives for tomatoes), mixing bowl, wooden spoon or ladle for serving, small spoons for mixing and/or tasting, paper boats or cups for serving, small compost bucket and ingredients (listed in recipe below).

**From the garden:** Tomatoes (the more variety, the better!), Cilantro, Sweet peppers, Medium-hot peppers (test first or leave on side!). *Optional:* Carrots, Ground cherries, Zucchini or other summer squash, Strawberries, Corn

**Groceries:** Tortilla Chips, Yellow Onion, Salt and Pepper, Lime. *Optional:* Apples, Avocado.

**Preparation:** For a 30-minute lesson, have all produce harvested in advance. Set out cutting boards, mixing bowl(s), ingredients and other utensils so they are easily accessible during preparation of the salsa. Keep knives in a safe place until it is time to use them.

*Optional:* Make copies of the recipe to send home with students. If there is enough extra produce, send each student home with some ingredients so they can share the recipe with their family.

**What to do:**

- **Wash produce** using cool, running water.
- Gather students around and **review knife skills**. “The Bridge”, “The Claw”, etc.
- When using knives, have **one adult per 2 students**.
- Demo to students how to **properly cut tomatoes**, since this can sometimes be a challenging activity. For beginners, don’t give them a whole, round vegetable or fruit! Cut first into flat slabs so it doesn’t roll around.
- Demo to students how to properly chop/slice/mince or tear the rest of the items before setting any of them to work on preparing any of the ingredients. Scissors work well too.
- Students **chop ingredients** and keep them separate in bowls or paper boats
- **Assemble the recipe** as a team.
- **Dish up a serving** for each student and then **eat together**.
- If not already initiated, **start a conversation** with students regarding flavors and their opinions of the salsa. Are there parts of the world that eat more salsa than others? What other ingredients could you add to the salsa?

## Garden Fresh Pico de Gallo

½ bunch of cilantro, chopped (leaves and skinny stems)

approx. 4 cups worth of tomatoes (all shapes, sizes and colors), de-stemmed and chopped

1 onion, minced

1 sweet pepper, de-seeded and chopped

juice of ½ a lime

1 jalapeno or medium-hot pepper, de-seeded and chopped (optional)

salt and pepper to taste

- Combine cilantro, tomatoes, onion, pepper(s) and lime juice. Add salt and pepper to taste. Mix well and enjoy!
- *Optional:* Serve extra cilantro, small lime wedges and/or minced hot pepper on the side.

## Teaching Points:

Knife safety and knife skills - chopping, mincing, slicing, etc.

Harvesting produce when it is ready/ripe.

Demonstrate their tasting skills by adapting the salsa recipe to their taste.

Brainstorm other uses for the salsa besides just using for dipping chips.

Ask students what other ingredients *they* might put into salsa - other fruit, vegetables or spices they might use?

What does the term “pico de gallo” translate to? “Rooster’s beak”! Supposedly because in Mexico, where it originated, people used to pinch the salsa between their forefinger and thumb, which looked like a rooster’s beak.

**Additional Resources:** <http://edibleschoolyard.org/resource/tortilla-platter> [http://en.wikipedia.org/wiki/Pico\\_de\\_gallo](http://en.wikipedia.org/wiki/Pico_de_gallo)