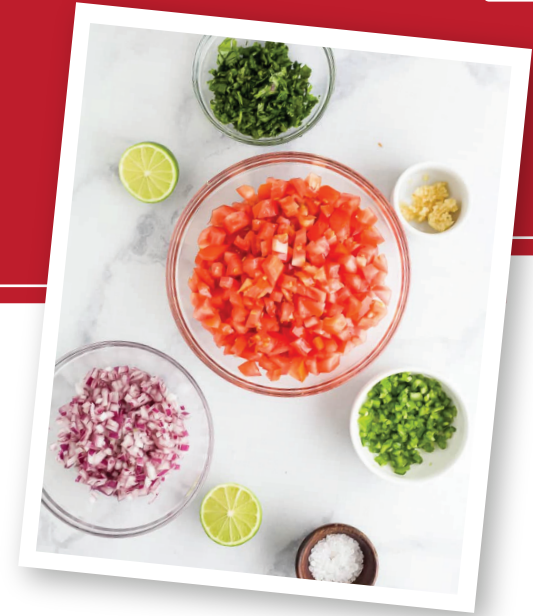


Carma Farms Jarred Salsa uses roasted or stewed tomatoes as the base and will typically be blended or pureed for a smooth appearance and texture.

Pico de gallo always uses fresh RAW ingredients that are diced small leaving you with a chunky fresh style salsa. The best thing about fresh pico de gallo is about how fresh it is. No cooking or roasting needed - just fresh ingredients that you dice up, toss together and you're done!



Ingredients:

- 5 roma tomatoes, de-seeded and diced
- 1/2 cup of red onion, finely diced
- 1/4 cup of fresh cilantro, chopped or finely minced (optional - fresh parsley can be used instead)
- 1 jalapeno, de-seeded and diced (optional for some heat)
- juice of 1 fresh lime
- 1 garlic clove, minced
- sea salt to season

Tiny Seedlings prep suggestions:

- Wash your hands with soap & water before you begin in the kitchen
- Measure out all of the ingredients
- Ask your parent to supervise you crush a clove of garlic in a handheld garlic mincer (if you don't have one, ask your parent to do)
- Peel the onion skin away to get ready for chopping
- Wash the tomatoes, parsley or cilantro

Parents prep suggestions:

- Suggesting knife skills are only done by parents or guardians
- Supervision is key in any kitchen
- Make it fun!

* You'll notice the pico de gallo "sweating" from the salt that's added to this recipe - that's a good thing as it infuses and enriches the flavours within the recipe.

Serve with your favourite corn tortilla chips along with your choice of:

- *Dreamy creamy avocado
- *Sour cream or plain Greek yogurt
- *Melted cheese (you can sprinkle grated cheese over tortilla chips on a parchment paper lined baking tray and melt at 200 degrees for about 10 mins)
- *Black olive tapenade



TOMATOES

GROWING TOMATOES

- * A tomato plant grows from a seed, the same ones found inside the tomato.
- * Plants need lots of sunshine to grow.
- * They need water but too much will make the plant weak.
- * Watch out for bugs!!!

FUN FACTS

- * Tomatoes are a fruit!
- * There are over 7500 varieties of tomato plants.
- * Tomatoes come in a whole rainbow of colours.