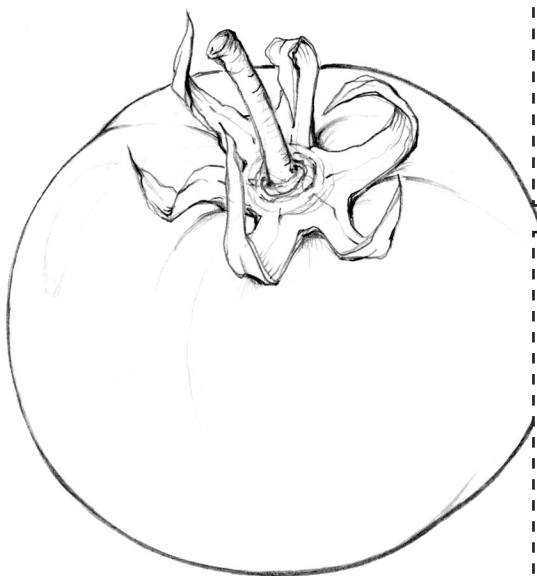


Grow a Salsa Garden

Growing your own salsa garden can be easy, delicious, and affordable. All you need a little soil, seeds, water, sun, and time. Use this guide to help with the planting and growth of four key ingredients to Pico de Gallo. Inside this guide you will find essential tips on growing tomatoes, parsley, cilantro, and peppers. Discover nutrition facts, learn fun facts, and document the growth of your own herbs and vegetables.

Let's get growing!



Pico de Gallo

Literally translated as “rooster’s beak”, Pico de Gallo brings all the herbs and vegetables grown in your garden together into a delicious fresh salsa.

Ingredients:

6 medium tomatoes, seeded and diced
1 medium onion, finely chopped
1/2 cup cilantro, leaves only, chopped
1/4 cup parsley, leaves only, chopped (optional)
3 small to medium jalapeno peppers, seeded, ribbed, and diced
Juice of 1 lime
1/2 tsp. Kosher or coarse salt
Pepper to taste

Preparation:

Mix all the ingredients together and refrigerate for 4 to 6 hours before serving.

NOTE: The ribs of the jalapeno are the light colored parts that the seeds are attached to in the middle of the pepper. Remove some or all of them to moderate the heat of your salsa. And remember, the longer your salsa rests the hotter it will be.

Guacamole

Ingredients:

3-4 tbsp. Pico de Gallo
2 avocados, halved, seeded, and peeled
Kosher or coarse salt to taste

Preparation:

Place the avocado halves in a bowl and lightly mash with a fork. Add prepared Pico de Gallo and gently fold into the mashed avocado. Add salt to taste.



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Let's Get Growing

Tomato Essentials

- Planning
- Select several varieties that mature at different times to extend your harvest.
 - If you don't purchase plants, start seeds indoors in flats or pots 6 to 7 weeks before the average last frost date, and set out transplants when the soil is warm and all danger of frost is past.
- Preparation
- Select a site in full sun (except in very hot climates, where some shading will be desirable to prevent blossom drop).
 - A week or so before planting, fertilize with 1 to 1 3/4 pounds of 5-10-10 or its equivalent per 100 square feet. Increase the amounts for sandy soils.
- Planting
- Set up trellises, cages, or stakes at planting time.
 - Dig planting holes 18 to 24 inches apart if you plan to stake or trellis the crops, 36 to 48 inches apart if the plants aren't trained.
 - Mix a teaspoon of 5-10-10 fertilizer or its equivalent and 1 tablespoon ground limestone with soil at the bottom of the planting hole (except in high pH soils). Pinch off two or three of the lower branches on the transplant and set the root ball of the plant well into the hole until the remaining lowest leaves are just above the soil surface.
 - Water generously and keep the plants well watered for a few days.

NUTRITION FACTS	
Serving Size: 1/2 cup (90g) fresh tomato, chopped or sliced	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat, 0g	0%
Saturated Fat, 0g	0%
Trans Fat, 0g	
Cholesterol, 0mg	0%
Sodium, 0mg	0%
Total Carbohydrate, 4g	1%
Dietary Fiber, 1g	4%
Sugars, 2g	
Protein, 1g	
Vitamin A 15%	Vitamin C 20%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

Did you know...

According to the U.S. Department of Agriculture, Americans eat between 22-24 pounds of tomatoes per person, per year. Tomatoes are perfectly safe and healthy to eat, but watch out – their leaves are actually toxic if eaten!

Pepper Essentials

- Planning
- Plan to set out home grown or purchased transplants after the last spring frost date.
 - Start plants indoors in flats or pots 8 to 10 weeks before the average last frost date.
- Preparation
- One week before setting out transplants, broadcast 1 1/2 pounds of 5-10-10 or its equivalent per 100 square feet.
- Planting
- Set hot pepper plants 12 to 15 inches apart, larger bell types 15 to 18 inches apart.
 - Place a teaspoon of 5-10-10 fertilizer or its equivalent into each planting hole and cover with 1 inch of soil before setting in transplants.
 - Provide windbreaks.

NUTRITION FACTS	
Serving Size: 1 pepper (45g)	
Amount Per Serving	
Calories 18	Calories from Fat 1
% Daily Value*	
Total Fat, 0g	0%
Saturated Fat, 0g	0%
Trans Fat, 0g	
Cholesterol, 0mg	0%
Sodium, 3mg	0%
Total Carbohydrate, 4g	1%
Dietary Fiber, 1g	3%
Sugars, 2g	
Protein, 1g	
Vitamin A 11%	Vitamin C 182%
Calcium 1%	Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet.	

Did you know...

The “heat” of chile peppers is produced by the chemical capsaicin and is measured in Scoville Heat Units (SHU). Peppers range from 0 SHU for bell peppers to between 1.2 and 2 million SHU for the hottest recorded pepper, the Trinidad Moruga Scorpion, measuring — equal to police grade pepper spray. Pure capsaicin measures 16 million SHU.

Cilantro Essentials

- About This Plant

- Coriandrum sativum goes by many names: cilantro, coriander, Mexican or Chinese parsley.
 - The green, leafy part is the herb, called cilantro, is often the “secret ingredient” (along with cumin) that makes Mexican food taste authentic. The dried seedpod is known as coriander and is usually used as a spice in baking and desserts.
 - Cilantro is a garden herb with a unique scent and flavor. Because of this pungent quality, cilantro is either loved or hated.
 - Native to Egypt, cilantro is one of the most ancient herbs still cultivated.
- Site Selection

- This annual plant does best in cool weather.
 - Cilantro grows 2 to 3 feet tall and thrives in moderately rich, light, well-drained soil in full to partial sun.
- Planting Instructions

- Plant seeds half an inch deep and 2 inches apart.
 - Germination may take 14 days or longer — just when you’re about to give up, you’ll see tiny green shoots.
 - Continue reseeding every three weeks or so for a continuous harvest.
 - Ideal conditions include consistent moisture and even temperatures throughout a growing season.
- Harvesting

- Harvest fresh leaves once the plants are at least 8 inches tall by cutting outer leaves and allowing the inner leaves to continue producing foliage until plants go to seed.
 - Dried leaves lose their fragrance, but you can freeze them in water (or make cilantro pesto) for use later.
 - To maintain dense foliage, choose a type slow to go to seed, such as ‘Slo-Bolt’.

NUTRITION FACTS	
Serving Size: 1 ounce (28g)	
Amount Per Serving	
Calories 6	Calories from Fat 1
% Daily Value*	
Total Fat, 0g	0%
Saturated Fat, 0g	0%
Trans Fat, 0g	
Cholesterol, 0mg	0%
Sodium, 13mg	1%
Total Carbohydrate, 1g	0%
Dietary Fiber, 1g	3%
Sugars, 0g	
Protein, 1g	
Vitamin A 38%	Vitamin C 13%
Calcium 2%	Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet.	

Did you know...

The leaves of the Coriander plant are called cilantro. Dating back over seven thousand years, the many medical and culinary uses for cilantro have been documented in texts from India, Egypt, Ancient Rome, and China. It has been suggested that the herb was grown at the Hanging Gardens of Babylon. Ancient Egyptians believed coriander could be used in the afterlife as a food for the departed.

Parsley Essentials

- About This Plant

- Curly leaf parsley is the most common type because it makes such an attractive garnish.
 - For cooking and chopping, the flat-leaved parsley is preferable; it’s easier to work with and has a better flavor.
 - Parsley deserves recognition for more than its role as a garnish or in the occasional parsley potato recipe: It is rich in iron and vitamins A and C and is a good breath freshener.
- Site Selection

- Plants do well in sun or partial shade and prefer rich, moist soil.
- Planting Instructions

- Sow in individual pots indoors or start outside in the garden.
 - Choose as weed-free an area is possible for garden sowing — the seeds are slow to germinate, and you don’t want a jungle to develop while you’re waiting.
 - The crop can handle cold weather, so start seeding 2 to 3 weeks before the last spring frost.
 - Thin plants to stand 6 to 10 inches apart.
 - Provide an even supply of water all summer.
- Harvesting

- To harvest, cut entire leaves from the outer portion of the plant as you need them.
 - To keep parsley fresh for as long as possible, store it in the refrigerator with the leaf stalks in water.
 - To dry, cut the plant at soil level and hang it in a shady, warm, well-ventilated area. Once thoroughly dry, crumble the parsley and store in an airtight container.
 - A few plants can be dug up, set in large pots with extra soil, and brought indoors to a sunny window for light winter harvests.

NUTRITION FACTS	
Serving Size: 1 ounce (28g)	
Amount Per Serving	
Calories 10	Calories from Fat 2
% Daily Value*	
Total Fat, 0g	0%
Saturated Fat, 0g	0%
Trans Fat, 0g	
Cholesterol, 0mg	0%
Sodium, 16mg	1%
Total Carbohydrate, 2g	1%
Dietary Fiber, 1g	4%
Sugars, 0g	
Protein, 1g	
Vitamin A 47%	Vitamin C 62%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.	

Did you know...

Don’t buy gum, eat parsley! Parsley has high levels of chlorophyll, which naturally freshens the breath and absorbs food odors. Chew some parsley after a meal of onions and garlic and get rid of that bad breath!

Garden Specs

Plants have many similarities. See if you can label the plant parts below, including flowers, leaves, roots, and stems. Use the fields underneath each plant diagram to document the growth of your garden.



Tomato

Variety

Seed Start Date

Germination Date Expected: Actual:

Harvest Date Expected: Actual:



Pepper

Variety

Seed Start Date

Germination Date Expected: Actual:

Harvest Date Expected: Actual:



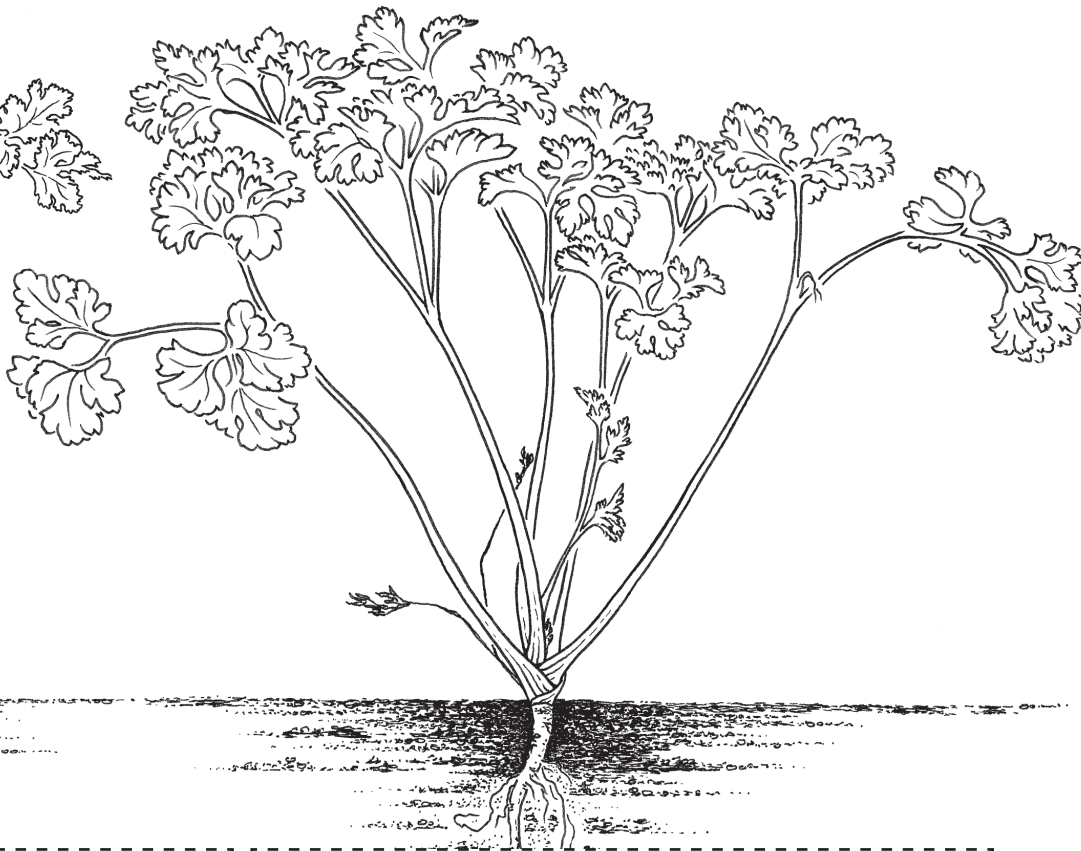
Cilantro

Variety

Seed Start Date

Germination Date Expected: Actual:

Harvest Date Expected: Actual:



Parsley

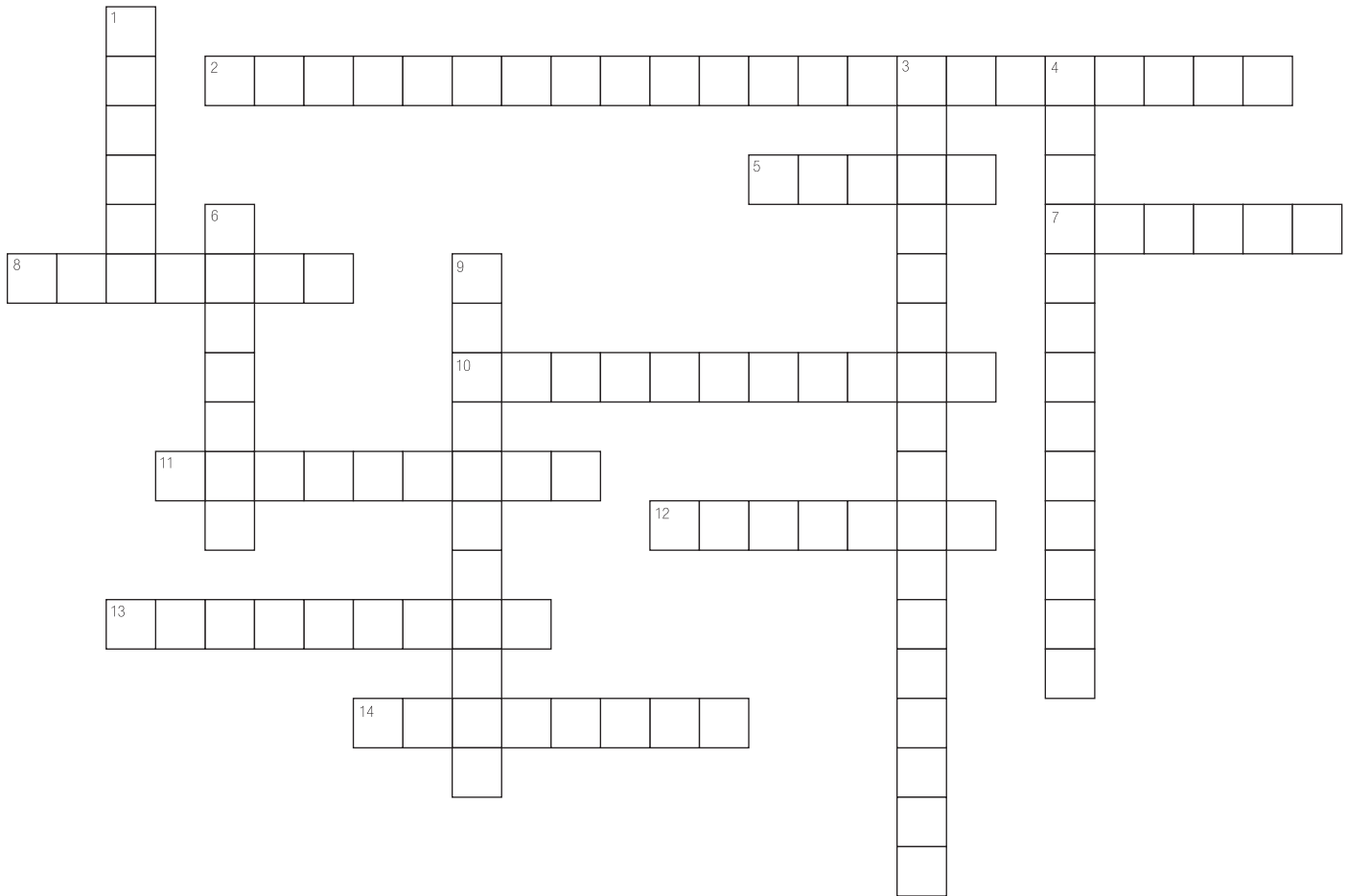
Variety

Seed Start Date

Germination Date Expected: Actual:

Harvest Date Expected: Actual:

Crossword



ACROSS

2. Whoa! This pepper is the hottest on record at 2 million SHU.
5. Don't cry. This pungent root vegetable comes in white, yellow, and red varieties.
7. To properly care for tomatoes, use trellises, cages or this at the time of planting.
8. Sometimes known as an alligator pear, this fruit is a key ingredient in guacamole.
10. Parsley has high levels of _____, which naturally freshens the breath and absorbs food odors.
11. Cilantro is the green, leafy portion of this plant.
12. Chew this herb instead of gum; its a great way to cure bad breath after a meal of onions and garlic.
13. This variety of parsley is best for cooking.
14. With its distinct scent and flavor, people either love or hate this herb.

DOWN

1. Americans eat 22-25 pounds of this fruit that also happens to be a vegetable.
3. This measurement, abbreviated SHU, indicates the amount of capsaicin in a pepper.
4. When cooking with chili peppers, remove these to better control the heat.
6. Cilantro has ancient origins, rumored to have been grown at this location (one of the seven wonders of the world) in present day Iraq.
9. This fresh salsa literally translates to "rooster's beak".

1. Tomato, 3. Scoville Heat Unit, 4. Ribs and Seeds, 5. Avocado, 6. Baby, 7. Stakes, 8. Cilantro, 9. Pico de Gallo, 10. Coriander, 11. Flat-leaf, 12. Parsley, 13. Cilantro, 14. Cilantro

DOWN
ACROSS