

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- *September* -

TOMATOES

FRESH TOMATO SALSA

3 cups of Roma tomatoes, quartered (or any beautifully ripe tomatoes you can get your hands on)

1/4 cup red onion, roughly chopped

1 clove garlic

1/4 cup cilantro

Juice of 1/2 lemon

Juice of 1/2 lime

1 tsp sea salt

1 tsp maple syrup

1/2 tsp cumin

Place all ingredients in a food processor and pulse until everything is chopped and it resembles the salsa consistency you like. Add more salt if needed.

Enjoy right away or transfer to a glass jar and store in the fridge for up to five days.

Recipe by Gabrielle Chronister



For more information visit

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