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VCE Youth Education

Plant a Salsa Garden!

Overview: For some children, salsa is a product bought in a grocery store or served with chips in a restaurant. Growing a salsa garden is an easy way to reinforce the concept that that food comes from plants. When gardening by age, with adult assistance and supervision, children can assume responsibility for the care of plants and in preparation of a simple recipe for salsa.

Children will learn:

- Food comes from plants.
- Plants have needs that must be met to produce healthy fruit (tomatoes and peppers), bulbs (onions), and leaves (cilantro).
- Follow a recipe and make a simple salsa.

Explore and Learn:

- [Grow What You Know \(osu.edu\)](http://osu.edu)
- [Plant Parts We Eat \(lpi.oregonstate.edu\)](http://lpi.oregonstate.edu)
- [10 Favorite Gardening Activities \(kidsgardening.org\)](http://kidsgardening.org)
- [Garden by Age \(kidsgardening.org\)](http://kidsgardening.org)
- [4H Salsa Gardening with Kids \(mgnv.org\)](http://mgnv.org)

Salsa Recipe

Ingredients from your garden

5 tomatoes. ½ cup fresh cilantro
 1 jalapeño pepper 5 scallions

Optional ingredients: 1 clove chopped garlic, lime juice to taste, salt to taste

Instructions:

Wash and dry produce. Dice the tomatoes. Slice open the jalapeño pepper and remove the seeds (unless you want it HOT). Dice the pepper. Chop the cilantro leaves. Thinly slice the scallions and discard the leaves. Mix the sliced and diced produce. Add optional ingredients, as desired.



(Image by Debbie Keefe)

Dig into Literature:

Before We Eat: From Farm to Table by Pat Brisson. Mary Azarian, Illustrator. (Tilbury House Publishers, 2014) *Age Range: 3-5 years*

GROW: How We Get Food from Our Garden by Karl Beckstrand. Zanara, Illustrator. (Premio Publishing and Goza Books, 2020) *Grade Level: 1-2*

Eddie's Garden and How to Make Things Grow by Sarah Garland. (Frances Lincoln Children's Books, 2004) *Age Range: 4-7*

Gardening with Emma: Grow and Have Fun: A Kid-to-Kid Guide by Emma Biggs with help from her dad, Steven Biggs. Rob Hodgson, Illustrator. (Storey Publishing, 2019) *Age Range 8-12*

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[Adult Evaluation: MGNV Youth Education Project \(mgnv.org\)](http://mgnv.org)

For more information, go to:

[MGNV Youth Education Program \(mgnv.org\)](http://mgnv.org)



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