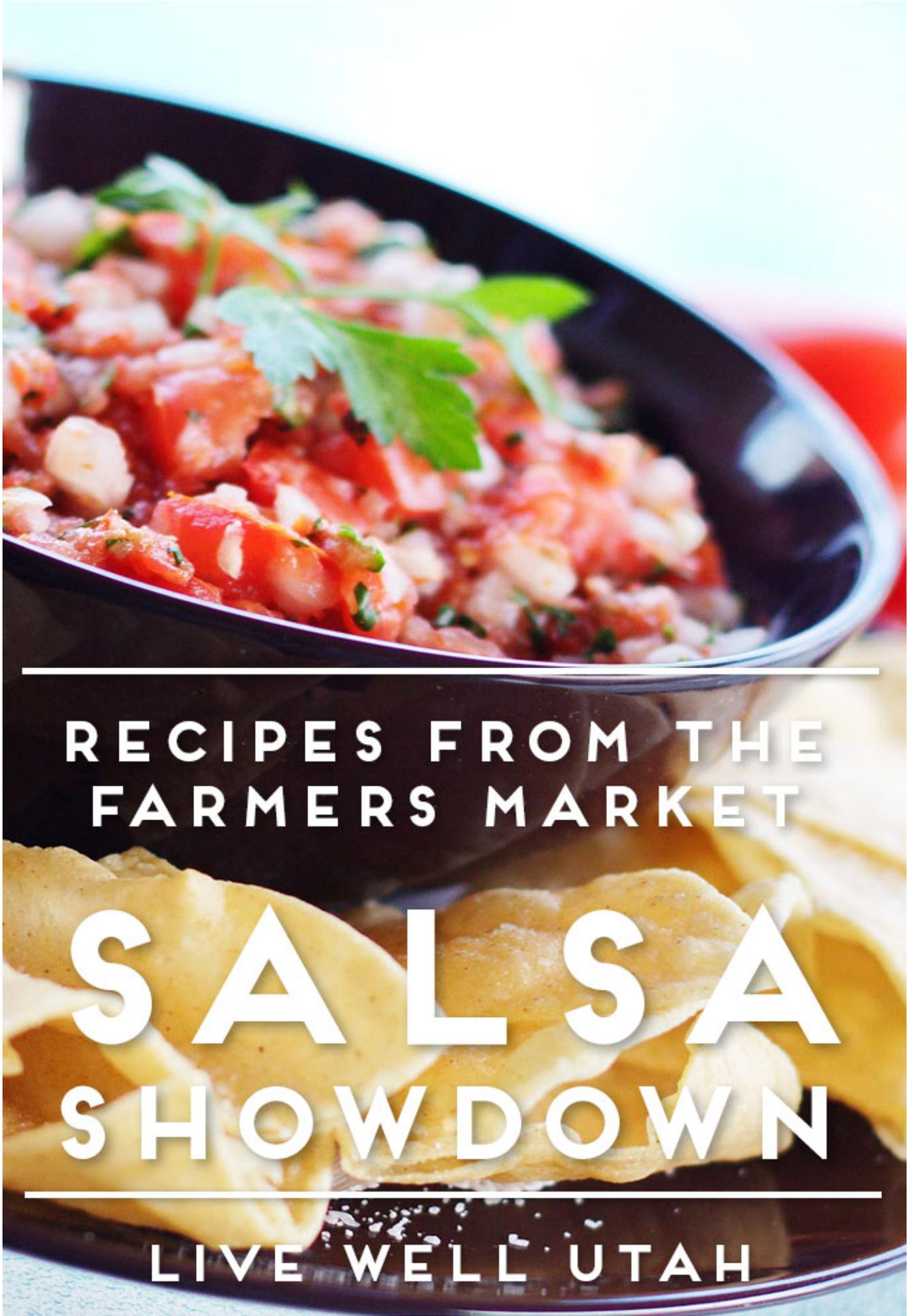


Farmers Market Salsa Showdown



RECIPES FROM THE
FARMERS MARKET

**SALSA
SHOWDOWN**

LIVE WELL UTAH

Farmers markets: we've told you where to find them, why to shop them, and how to meal plan around what you find there. Many have special events and activities to help create a community around the farmers market. At the USU Botanical Center Farmers Market, there is a children's activity each week, and some sort of free, special event. Some weeks they have Aggie Ice Cream tasting, other weeks a cooking demonstration. This week, on August 31, they'll be having a salsa showdown. Check it out Thursday— you can bring your best salsa to enter, or just come and sample the different entries. Can't come on Thursday? Use those garden fresh tomatoes and try one of these recipes from the 2016 Salsa Showdown.

Fresh Tomato Salsa

Recipe by Shawn Olsen

Ingredients:

- 6-8 ripe tomatoes, diced (approximately 5 cups)
- 1 cucumber, diced
- 1 Anaheim or Big Jim pepper
- 1/2 cup diced onion
- 1/3 cup cilantro, chopped
- 4 tablespoons vinegar
- Up to 1/4 cup salsa seasoning mix (Mrs. Wages or Ball Fiesta Salsa)

Directions:

In a large bowl, combine diced tomato and cucumber. Remove seeds from pepper, and chop finely. Add pepper, onion, cilantro and vinegar to tomato and cucumber, and mix well. Add salsa seasoning, to taste. Start with a small amount of seasoning, taste salsa, and add more if desired. Store in

refrigerator.

Fresh Peach-Mango Medley Salsa

Recipe by Shelley Ekman

Ingredients:

- 1 cup diced peaches, skin removed
- 1 cup diced mango, skin removed
- 1 cup diced red onion
- 1 cup diced Sweet 100 cherry tomatoes
- 1 cup diced Berns yellow pear tomatoes
- 3 bell peppers, seeded and diced (red, yellow, and orange)
- 3 jalapeno peppers, seeded and diced
- 1/3 cup cilantro, chopped
- 5 cloves garlic, pressed or minced
- 1/2 teaspoon sea salt
- 1/2 cup apple cider vinegar
- 1/4 cup lime juice

Directions:

Place all diced fruit, vegetables and cilantro in a large bowl. In a small bowl, combine remaining ingredients with a whisk, and pour over salsa. Stir to combine, and adjust seasoning and vinegar to taste. Store in refrigerator.