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Recipes provided by Chef Doug Robson, Otro Cafe & Gallo Blanco

### Citrus Pico de Gallo

#### Recipe ingredients

- 2 ea. Tomatoes, medium dice
- 1/4 cup Orange or tangelo segments
- 1 TBSP Lime juice
- 2 TBSP Green onions, sliced thinly
- 1/4 cup Cilantro
- 1 TBSP Jalapeño, seeded
- 1 TBSP Kosher Salt



#### Recipe Instructions:

1. Remove the core of the tomato and dice.
2. Cut the ends off the oranges and take your knife around the outside of the fruit to get the skin off. Remove the pith. Do this over a bowl so you can catch the juice and use it in the salsa!
3. Chop the citrus and onion into medium chunks.
4. Chop chili, try not to touch the seeds with your bare hands!
5. Squeeze the fresh lime over the mixture or add pre-squeezed lime juice.
6. Chop the cilantro and add it to the bowl with the salt.
7. Gently toss all the ingredients together and taste it. Adjust as needed by adding more lime, chilis, or salt.

#### Planting Cilantro with Master Gardener Mr. Pickle:



Make sure your planter is full of prepped soil, or it can be planted directly into your garden. Dig a small hole in the soil a little deeper than the size of your pot. Gently squeeze the side of the cilantro plant to loosen the plant from the container. Place your fingers at the base of the stem, on top of the soil, and flip the container over. This part can be messy and that is ok! Once you have it flipped, gently squeeze the container and pull the plant out to expose the roots. Lightly scratch and loosen the roots to wake them up and let them know that they have more room to grow in their new home. Place the plant in your prepared pot or garden bed with fresh soil, slightly packing it down and adding a little water. This plant needs plenty of sunlight to help it grow so make sure to plant it in a spot that gets full sun. Cilantro likes cooler temperatures making spring and fall the best times to plant. When you are ready to

cook with it, make sure to keep some of the leaves on the plant so it can regrow. If you let the plant grow out into the warmer months, it sprouts flowers and blossoms, which produces seeds for a spice called coriander. Coriander seeds are dried or roasted and used to flavor sausages, soups, stews, and curries!

**Share your experience on Facebook or Instagram and tag us @BlueWatermelonProject & #chefinthegardenaz  
We love to hear from you!**

## Meet Your Farmer: Vilardi Gardens

Vilardi Gardens is a wholesale nursery company in Phoenix, Arizona that sells high-quality heirloom tomato, vegetable, and herb plant starts that grow well in our desert climates. They sell to local farmers, nurseries, and farmers' markets.

### Citrus and Tomatoes

Citrus is a family of fruits that grows on trees. It is thought that lemons originated from India and that this fruit was first brought to the Americas by Christopher Columbus. Citrus is grown all over Arizona, California, Florida & Texas. Citrus is full of Vitamin C, rich in antioxidants, and a good source of fiber. Vitamin C is an important nutrient that supports our immune system and antioxidants protect our cells from damage. Tomatoes are the fruit of the tomato plant because the tomatoes have seeds and grow from a flowering plant.. Some people still prefer to call tomatoes vegetables because of their nutritional value and lack of sweet taste. Tomatoes aren't always red. They can be yellow, pink, purple, black, and even white! Tomatoes are a good source of vitamin A, vitamin C, and Potassium. Interestingly, tomatoes were first cultivated by the Aztecs and Incas and later thought to be introduced to Europe through the Columbian Exchange!

### Pico De Gallo:

Pico de gallo is a traditional Mexican food and translates to “beak of the rooster”. It got its name from the way it was eaten, by pinching your fingers together to pick it up, forming the shape of a rooster’s beak with your fingers. When the fruit and vegetables are chopped for the pico de gallo, they are chopped into bite-size pieces. The perfect size for a big rooster to gobble up! Pico de gallo is traditionally made with tomatoes, lime, onion, cilantro, and salt. But there are many variations of the food item including fruit versions, like the one you will make today.



### Seasonality

The ingredients in this recipe can change depending on the season. Different kinds of fruits and vegetables grow best and are ready to be harvested during different parts of the year. When a fruit or a vegetable is “in season” that means that it is ripe and ready to be eaten where they are grown. When we buy fruits and vegetables that are in season they are better for our planet than foods that are not in season because they don't have to be sent to us from faraway parts of the world. In Phoenix, citrus fruits like the oranges used in this pico de gallo recipe are usually in season from the month of November all the way to May and are at their peak flavor right now, in February!

### Culinary Skill: Knife Skills

It is very important to always be safe and careful when using knives.

- Using a sharp knife is safer than using a dull knife. Knives that are sharpened cut through food much easier than dull knives. When we try to cut through food with a dull knife, there is a chance the knife could slip away and cause an accident.
- Just like scissors, always point knives down when walking. To be extra safe, it is a good idea to use knife guards that cover the sharp blade when you are done using the knife.
- Protect your fingers! For the hand that is holding the food that you are cutting, tuck your fingertips under your hand (like a claw) to prevent your fingers from getting in the way of the knife so that you don't get hurt.



This kit was made possible due to generous support from: