

# Simple Fresh Tomato Salsa contributed by: Lindsey Morris Carpenter & Gail Carpenter Grassroots Farm (Monroe, WI) • [www.grassrootsfarmllc.com](http://www.grassrootsfarmllc.com)

3 t. finely chopped onion  
2 small cloves garlic, minced  
3 large ripe tomatoes, peeled and seeds removed, chopped  
2 hot chille peppers, Serrano or Jalapeno, finely chopped  
2 to 3 T. minced cilantro  
1 1/2 to 2 T. lime juice  
salt and pepper

Put chopped onion and garlic in a strainer; pour 2 cups boiling water over them then let drain thoroughly. Discard water. Cool. Combine onions and garlic with chopped tomatoes, peppers, cilantro, lime juice, salt, and pepper. Refrigerate for 2 to 4 hours to blend flavors. Makes about 2 cups of salsa.

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Soil Sisters South Central Women in Sustainable Agriculture

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Celebrate seasonal abundance and local agriculture with this farm-fresh recipe from a Wisconsin woman farmer championing organic and sustainable agriculture. Women farmers represent one of the fastest growing groups of new growers prioritizing small-scale, diversified, community-focused agriculture, a 30% increase according to the last USDA Ag Census.

The Rural Women's Project, a venture of the Midwest Organic & Sustainable Education Service (MOSES), provides training, resources and support for beginning women farmers and food-based entrepreneurs, including (Italicize:) In Her Boots: Sustainable Agriculture For Women, By Women workshops. For more information, see: [www.mosesorganic.org/womensproject](http://www.mosesorganic.org/womensproject).



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