



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

CORN, PEACH & CUCUMBER SALSA

Recipe by Natural Gourmet Institute

SERVES 6-8

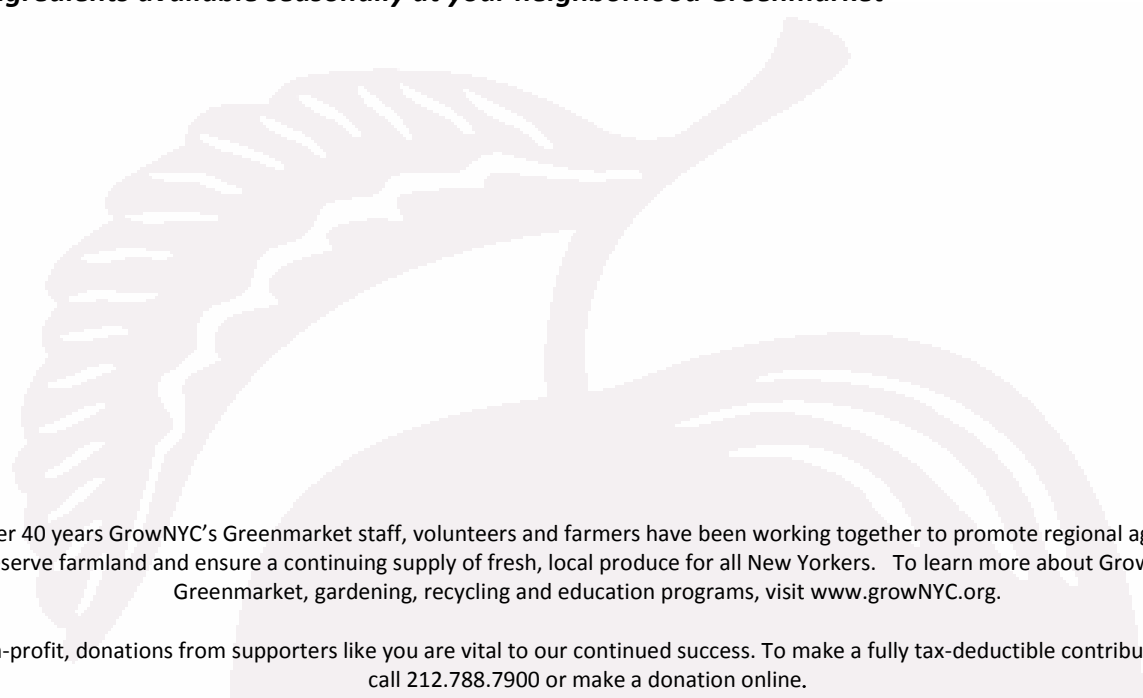
Ingredients:

2 ears of fresh corn*, husks and silks removed
3 cucumbers*, peeled, seeded, finely diced
2 ripe peaches*, peeled, finely diced
1 red bell pepper*, finely diced
¼ c finely diced red onion*
1 jalapeno pepper*, seeded, minced
1 garlic* clove, minced
2 tablespoons brown rice vinegar
¼ ounce cilantro*, minced
½ teaspoon sea salt

Directions:

1. Cut corn kernels off cobs and transfer to a large bowl.
2. Add remaining ingredients to the bowl and toss to combine. Enjoy immediately, chill in the fridge for up to 60 minutes for flavors to combine. Serve with fresh tortillas, tortilla chips, fish, or chicken.

****Ingredients available seasonally at your neighborhood Greenmarket***



For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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