

Benefit of Purchasing and Eating Local & Organic

Local food has more nutrients:

- Local food usually has not travelled as long as foods grow in other places, and therefore has a shorter turnover time between harvesting and reaching your table. This allows for less nutrients to be lost over time.

Local growers can tell you how the food was grown

- Buying local gives you the flexibility of talking directly to the grower and asking about their practices/ how they raise and harvest their products. You are better aware of what you are consuming.

Locally grown food is full of flavor.

- Locally grown food is usually harvested at their peak of ripeness/ maturity rather than early to facilitate transportation. This allows for the enjoyment of the food at its full flavor capacity.

Local food is about the future

- Supporting local vendors keeps your community thriving, allowing your family and future generations to have access to fresh, nutritious and flavorful food, and the people in your community to make an honest living.



A Project of the Meal Management Fall '14
Class
(NTFS 3435)

GEORGIA
PEACH SALSA

This product does not contain any major allergens



**The Statesboro Mainstreet
Farmers Market**

Recipe

Servings per Recipe: 19

Serving Size: 2.975 oz/ .488 C

Prep Time: 10 mins

Ingredients	Amount	
	Volume	Weight (oz)
Sweet Onion (large)	1 (0.938 c)	5.291
Jalapeno Pepper	2 (0.311 c)	0.998
Sugar (granulated)	0.250 c	1.764
Ginger*	(0.125 c)	0.367
Olive Oil	2 Tbsp (0.125 c)	0.317
Tomato (medium)	2 (1.367 c)	8.677
Peaches (large)	6 (5.844 c)	37.037
Lemon Juice (bottled)	0.250 c	2.152
Salt	.25 Tsp(0.005 c)	0.055
Cilantro (fresh)	2 Tbsp (0.125 c)	0.071

Ingredients Available at Farmer's Market:

The Little Chicken Ranch:

- Tomatoes
- Jalapeño Peppers
- Fresh Cilantro

Preparation

- **Prep:** peel, pit, and medium chop the peaches & pour lemon juice over to prevent oxidation, grate ginger *(2-3 in long 1 in thick), Seed and mince jalapeno, chop tomato and cilantro
- Sauté onion, jalapeno, sugar, and ginger in hot oil over medium heat 5 minutes or until onion is tender
- Stir in peaches, tomatoes, lemon juice, salt, and cilantro. Continue to cook stirring gently 5 more minutes.
- Serve using 3 oz scoop.
- Serve warm or at room temperature. Refrigerate in airtight container up to 2 days.

Cost of Preparation

Ingredients	Cost per recipe	Cost per serv-
Large Sweet onion	\$0.946	\$0.050
Jalapeno pepper	\$0.417	\$0.022
Sugar	\$0.088	\$0.005
Fresh Ginger	\$0.091	\$0.005
Olive oil	\$0.032	\$0.002
Large Firm Peaches	\$2.889	\$0.152
Bottled lemon juice	\$0.495	\$0.026
Salt	\$0.002	\$0.000
Fresh cilantro	\$0.141	\$0.007
Large Tomatoes	\$0.561	\$0.030
	\$5.662	\$0.299

Nutritional Analysis

Calories 51 kcal	Cholesterol 0.00 mg	Protein 0.75 g	Calcium 7.85 mg
Total Fat 1.61 g	Sodium 32.93 mg	Vitamin A 38.63 RE	Iron 0.24 mg
Saturated Fat 0.22 g	Carbohydrates 9.56 g	Vitamin A 308.23 IU	Water ¹ 72.96 g
Trans Fat ¹ *N/A* g	Dietary Fiber 1.19 g	Vitamin C 8.92 mg	