

**For information about the Howard County Farmers' Market or events at the Market contact Market Managers:**

**Debra Bolding**  
**(870) 557-2352**  
**Glenda Rice**  
**(870) 845-8859**

Visit the Farmers Market page at the Chamber of Commerce website at [nashvillear.com](http://nashvillear.com)

or check the **Growing Healthy Communities Calendar of Events** at the Chamber Website!

**Today's Presentation by:**



**SUPRASISTENCE FARM**  
117 Chapel Hill Road East, Nashville AR  
Albert and Vickie Motta Proprietors

*We are dedicated to sustainable, organic farming with a desire to grow in the knowledge and practice of good stewardship of the earth and it's creatures because we have our mind on the environment and our heart on spiritual things . . . birds, bees, flowers, trees and other things related!*

**Albert and Vickie Motta**  
(870) 200-1733  
suprafarm@gmail.com



# Not Just Chips and Salsa ! . . .

**SATISFYING HOMEMADE SALSAS TO ENHANCE ALL YOUR MEALS!**

**AT HOWARD COUNTY FARMERS MARKET**

**FRIDAY - JULY 20, 2012**  
**9:00 AM**

**Albert Motta**  
**Suprasistence Farm**



## Today's Menu:

### Fresh Corn Salsa

3 ears corn kernels cut from cobs (2-1/4C)  
1/4 tsp baking soda  
Salt  
2 Tbs lime juice  
1 Tbs vegetable oil  
1/2 tsp honey  
1 medium tomato cored seeded and diced  
1/4 C onion minced  
1 jalapeno stemmed seeded and minced  
1/4 C fresh cilantro chiffonade

Bring 2C water to boil in saucepan. Stir in corn, baking soda and salt. Remove from heat and let steep for 10 minutes. Drain and let cool.

Whisk together lime juice, oil and honey in a bowl. Add tomato, corn, onion, jalapeno, and cilantro. Toss and let stand before serving to allow flavors to meld.

Yields approximately 3cups

### Options

- 1) Add; 1/2 tsp cumin seeds and 1/4 tsp cayenne pepper to lime juice mixture, and substitute 1 avocado diced in place of tomato
- 2) Substitute 1 peach diced and 3 thinly sliced radishes for tomato, habanero for jalapeno and basil for cilantro



### Salsa Fresca

3 medium tomato cored seeded and diced  
1 medium white onion diced  
2 medium serrano peppers stemmed and minced  
1/2 bunch cilantro chiffonade  
2 Tbs lime juice  
1 Tbs crushed red pepper  
Salt to taste

In a bowl combine all ingredients allowing to sit for about ten minutes before serving.

### Mango Salsa

2 C fresh mango peeled, pitted and diced  
1 medium tomato cored, seeded and diced  
2/3 C minced green onions (scallions)  
1/4 C cilantro chiffonade  
2 Tbs lime juice  
4 tsp vegetable oil  
Salt

In a bowl combine all ingredients, salt to taste and serve.

### Options

- 1) Substitute 1 roasted peeled red pepper (seeded, diced) for tomato
- 2) Substitute pineapple for mango

**Gorditas (little fat tortillas) from La Estrella Supermarket**

