



## Greenmarket Recipe Series

**Natural  
Gourmet  
Institute**

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### **BLUEBERRY CUCUMBER SALSA**

Recipe by Natural Gourmet Institute

YIELDS 1 PINT

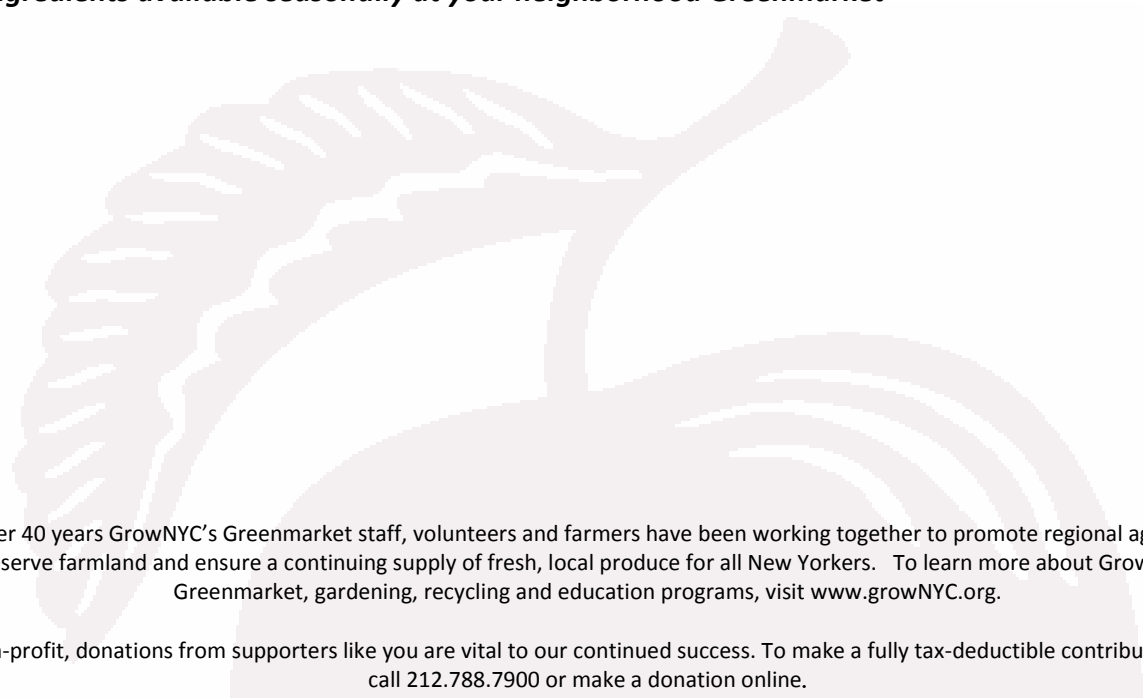
**Ingredients:**

1 pint blueberries\*  
1 cucumber\*, peeled, seeded, and finely chopped  
1 red bell pepper\*, seeded and finely chopped  
½ small red onion\*, finely chopped  
½ jalapeno\*, seeded and minced  
1 garlic clove\*, minced  
Juice of 1 lime  
¼ ounce cilantro\* leaves, minced  
½ teaspoon salt

**Procedure:**

1. Mash 1 cup of the blueberries in large bowl, until well-pureed. Add remaining 1 cup of whole blueberries, cucumber, bell pepper, onion, jalapeno, and garlic; stir well. Toss in lime juice, cilantro, and sea salt.
2. Enjoy immediately or chill in the fridge, covered, for 30-60 minutes for flavors to marry. 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](http://www.growNYC.org).

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