





Gratis / Free



























PERISHABLE
HANDLE
WITH
CARE

Quality Produce
FRESH
from the
GARDEN

Peas
\$2.00 basket

Zucchini
\$2.00 basket

Garlic
\$5.00

Onions
\$2.00

Carrots
\$2.00 basket











- Ofrecer información necesaria de salud.

- Darle un espacio para la motivación y la expresión

Qué esperamos de

1. Compromiso

2. Corresponsabilidad

3. Participación







LIBRO DE COCINA

RECETAS DEL MERCADITO
2017



TOMATO AND CUCUMBER SMOOTHIE BY ANA BRITO

Ingredients:

- 2 Large ripe tomatoes (peeled and seeded)
- 1 Large cucumber (peeled and seeded)
- 1 lemon
- 2 Tbs of honey or brown sugar

Directions:

1. In a blender place the tomatoes, cucumbers, and honey. Also add the juice of one lemon.
2. Blend all the ingredients for 5 minutes. Serve in a glass with ice.





