



DALLAS ARBORETUM
Education

Garden STEM at Home
Salsa Math



WE GROW MINDS, TOO.



OBJECTIVE:

KIDS WILL FOLLOW A SIMPLE FOUR-PART RECIPE TO CREATE THEIR OWN HOMEMADE SALSA.

SOURCE

Slow Food USA

BACKGROUND

Salsa originated with the Inca people, and upon European contact with the Americas, it was consumed as a condiment amongst not only the Inca, but also the Aztec and Maya peoples. Originally a combination of tomatoes, chiles and ground squash seeds, it was served to Aztec lords on turkey, venison, lobster or fish. The name originates with Alonso de Molina in 1571.

Salsas are a great opportunity for kids to practice mixing and balancing the four basic flavors: sweet, sour, salty and bitter.

Slow Food USA provides free lessons plans intended to connect kids to the pleasures of healthy and delicious food.

INSTRUCTIONS

1. Collect a variety of ingredients from those listed on the follow page. For younger learners, prepare all ingredients. For older learners, have them prepare the dressing ingredients.
2. As a family, in small groups or individually create a salsa using the recipe card, combining salty, sour, sweet and bitter (or bite) to your desired consistency. Ingredients can be finely chopped or blended.
3. Test the recipe on chips, crackers or toasted bread.
5. Optional: (1) Do taste tests (2) Have a contest and vote for the winner (3) Explore the history of salsa and practice making recipes inspired by other types of cuisines.

ADDITIONAL RESOURCES

Explore Slow Food USA:

<https://slowfoodusa.org/>

History of Salsa:

<https://craves.everybodyshops.com/history-of-mexican-salsa/>

The History of Chips and Salsa:

<https://www.austinchronicle.com/food/2017-08-18/a-brief-history-of-chips-and-salsa/>



SALTY

(SALT, PUMPKIN OR
SUNFLOWER
SEEDS, OLIVES)



SOUR

(VINEGAR, CITRUS,
TAMARIND PASTE,
TOMATILLO)

SALSA MATH



SWEET

(TOMATO,
SWEET FRUIT,
SWEET PEPPER,
ONION, MINT)



BITE

(DRIED/FRESH
CHILES,
CILANTRO,
GARLIC, GINGER,
NOPALES)

adapted from slowfoodusa.org



DALLAS ARBORETUM
AND BOTANICAL GARDEN