

Pico
de Gallo



Salsa
Roja



Salsa
Verde



Latin American Flavors

Celebrating our recipes,
foods and traditions

Latin America is one of the most diverse regions in the world. It includes more than 30 countries, all with many different ethnic groups and cultures.



Fresh foods like tomatoes, tomatillos, sweet peppers, hot chili peppers, onions, garlic, cilantro, and oregano are available throughout the year and used in countless dishes.



This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2021 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veterans status. Oregon State University Extension Service is an Equal Opportunity Employer.