October  Mango

**Nutrition Info**

One cup cubed mango has 100 calories.

Mango provides vitamins A, C & B6 and fiber.

**Fun Facts**

More mangos are eaten fresh around the world than any other fruit!

Mangos may range in color from yellow, green, orange or red.

**Uses**

Try mango ice pops. Puree mango in a blender, pour into ice cube trays and stick a toothpick in the center; freeze for a cool treat.

Scatter diced mango over pancakes or waffles for breakfast.

Make mango kabobs by skewering bits of mango and dipping into yogurt.

Add chopped mangos to cooked foods such as rice or stir-fry dishes just before serving.

**Family Friendly Activities**

Have your child help pick out a mango in the grocery store. Talk about the different colors a mango can be such as: yellow, green, orange and red.

Have your child help prepare the mango by washing it under cold water. Older children may also be able to help peel away the flesh of a mango with a spoon.

Have your child help pick out fruits to combine with mango for a fruity salsa. Examples include: pineapple, strawberries, papaya, pears, apples and oranges.

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**Pick:**

- Choose firm mangos that have a slight give when pressure is applied.
- Color may not be an indicator of ripeness.

**Store:**

- Ripen mangos by placing in a paper bag at room temperature, until they have a slight give.
- Ripe mangos can be placed in a plastic bag and stored in the refrigerator for up to 5 days.

**Prepare:**

- Mangos have a flat oblong pit. Simply slice mangos lengthwise, along the pit. Then slice each half in a grid-like pattern, being careful not to cut the skin. Finally, use a spoon and peel away the flesh from the skin and enjoy.
Fresh Mango Salsa
Serves 8 (1/2 cup per serving)

Ingredients:
3 ripe mangos, diced
1 medium red bell pepper, chopped
½ cup chopped red onion
¼ cup fresh cilantro, chopped
½ jalapeno, seeded and minced
1 large lime, juiced
¼ tsp. salt

Directions:
In a medium bowl, combine all ingredients and mix well. Refrigerate for at least one hour prior to serving to allow flavors to blend. Serve as a side dish with tortilla chips or on top of baked chicken.

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www.GetActiveLacrosse.org!