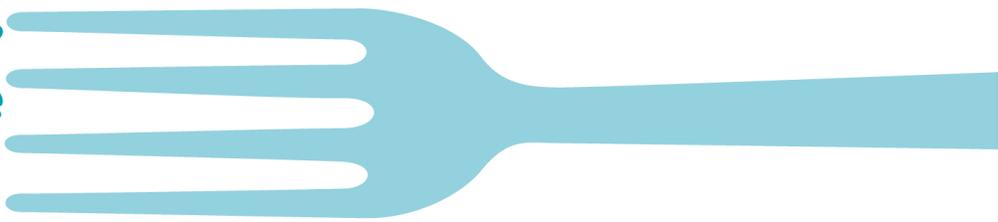


Harvest of the Month



October



Mango



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.

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.

Harvest of the Month

Nutrition Facts

Serving Size 1/2 cup (155g)
Servings Per Container 8

Amount Per Serving

Calories 80 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 105mg **4%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 0g

Vitamin A 40% • Vitamin C 60%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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.

*For more information on Farm2School & Foot Steps to Health visit:
[www.GetActiveLacrosse.org!](http://www.GetActiveLacrosse.org)*

Color
Mangos!

