



**Thought
Foodness**

TM

**Featuring
Mango**

WEST VIRGINIA HARVEST™



Did You Know?

Mango

Where I grow best:

Mangoes grow best in warm, tropical climates with lots of sunshine and well-drained soil. They need at least 8 hours of sunlight daily and prefer temperatures between 70°F and 100°F. Mango trees do not like frost or very cold weather, so they grow best in places like Florida, Hawaii, Southern California, and tropical countries like India and Mexico.

My Nutritional Superpowers include:

Mangoes have amazing nutritional superpowers that help keep the body strong and healthy. They are packed with vitamin C to fight germs and boost the immune system. Vitamin A in mangoes helps keep eyes and skin healthy. Mangoes also give the body natural energy and have antioxidants that protect cells and keep the brain strong.

I taste great in meals like:

Mango and Chicken Kabobs, Mango Smoothie, and Mango Salsa!

Mangoes are available in West Virginia at Grocery Stores and Walmart all year.



Thought
Foodness

WEST VIRGINIA HARVEST™

Recipe Spotlight

Mango Salsa

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Mix mango, cucumbers, and red onion in a bowl.
2. Squeeze lime juice on top and stir.
3. Add pickled jalapeño for a spicy option.
4. Eat with tortilla chips or as a topping for tacos!

What you will need:

- ½ cup mango, chopped
- ¼ cup diced cucumbers
- ¼ cup diced red onion
- 1 teaspoon lime juice
- Optional: 1 tablespoon chopped pickled jalapeño for a spicy kick



*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe.
Please ask a parent or guardian to assist with cutting fruits or vegetables.


**Thought
Foodness**

TM

WEST VIRGINIA HARVEST™



Harvest a
healthier
you!



Thought
Foodness

TM

WEST VIRGINIA HARVEST™

There's more to discover at
wvharvest.com/thoughtfoodness

