

June's Harvest of the Month

MANGOES

Vitamins A, C, E, - Potassium



Store

Keep whole, uncut mangoes at room temperature and use within 3-5 days. Once cut up, store mango in an airtight container in the refrigerator and eat within 1-2 days.



Use

In season in summer and fall. Add fresh mango to a fruit or vegetable salad. Makes a great addition to salsa or tacos. Grill and enjoy over fish or chicken. Can be a recipe substitute for peaches or nectarines.



Pick

Choose mangos that are plump and firm, but not hard. They should have smooth yellow or red skin and smell sweet.



Prepare

Rinse mangos under cool running water and scrub with a brush or with your hands. Dry with paper towels or air dry.

All-Purpose Mango Salsa

Ingredients

- 2 large mangos, diced
- 1 jalapeno, finely diced
- 1/3 cup red onion, finely diced
- 1 small handful cilantro, finely chopped
- 1 lime, juiced

Directions

1. Combine all ingredients, mix, and serve!
2. Store in the refrigerator in an airtight container for 3-5 days.

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SWISS CHARD

Vitamin A – Vitamin C – Magnesium



Store

Store unwashed leaves in plastic bags in the crisper in the refrigerator for 2 to 3 days.



Use

In season in spring, fall, and winter. Swiss chard makes a scrumptious addition to any soup. Substitute swiss chard for spinach in scrambled eggs, omelets, or quiches.



Pick

Select chard with fresh green leaves; avoid those that are yellow or discolored.



Prepare

Wash it thoroughly.

Creamed Chard and Spring Onion Pasta

Ingredients

- 1 pound bunch Swiss chard (or any dark leafy green), thick stems removed and leaves sliced into ribbons
- 3 spring onions, ends trimmed, white and some green parts sliced into thin coins
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1 3/4 cups milk
- 3/4 lb pasta
- 1/4 cup parmesan
- Salt and pepper

Directions

1. Wash the chard and place, with water still clinging to leaves, it in a large pot over high heat. Cook, covered, with just the water clinging to leaves, stirring occasionally, until wilted, about 6 minutes. Press or squeeze out the excess liquid.
2. Meanwhile, boil pasta until al dente and set aside. Heat milk in a small saucepan over moderate heat, stirring, until warm. Keep warm.
3. Meanwhile, cook onion in butter in a large pot over moderately low heat, stirring occasionally, until softened, about six minutes. Whisk in flour and cook roux, whisking, about three minutes. Add warm milk in a slow stream, whisking constantly to prevent lumps, and simmer, whisking, until thickened, three to four minutes. Stir in the parmesan cheese while cooking sauce. Stir in chard, then salt and pepper to taste and cook, stirring, until heated through. Toss with pasta, add extra parmesan, if desired, and serve.