



# Summer is Mango Season in Florida!

*If you have a mango tree that is dripping with mangos, don't let this delicious nutritious home-grown fruit go to waste! Here are some ideas for putting up or sharing the harvest!*

- 🍃 Fairchild Tropical Botanic Garden shows how to freeze and dry mangos  
<https://tinyurl.com/FreezeDryMangos>
- 🍃 Make mango salsa! Try this recipe from Cooking Matters! By Share our Strength  
<https://tinyurl.com/MangoSalsaRecipe>
- 🍃 Donate to a local Food Pantry  
<https://tinyurl.com/Mangos4Homeless>
- 🍃 Try this Mango Sauce Recipe from the National Center for Home Food Preservation  
<https://tinyurl.com/MangoSauceRecipe>
- 🍃 And don't forget to practice safe food handling!  
<https://tinyurl.com/FoodSafetyProduce>

