

Ben’Nisha’s Kitchen

By – Ben’Nisha Thomas

Back to the Basics

Eat Seasonal

With the abundance of seasonal produce that the Sunshine state provides, it’s a great time to add some colorful and nutritious variety to our meals this summer. Eating seasonal produce gives us maximum freshness and flavor. Florida offers a wide variety of fruits, vegetables, and herbs in every season. In the table below are a few summer seasonal highlights that can be found in grocery stores at reasonable prices.

Avocados	Eggplant	Passion fruit	Basil
Guava	Mushrooms	Watermelon	Parsley
Lychee	Peanuts	Carambola	Mint

Spotlight Mangoes

Mangoes come in two major varieties. The red/yellow mangoes originated in India, and the pale green mangoes reign in the Philippines. Mangoes are rich in vitamins and minerals that aid in overall health. They benefit digestion, skin, heart health, and immune system. Mangoes can be enjoyed plain or prepared in multiple ways and can be stored up to two weeks in the refrigerator.

Buy Local

When you decide to purchase produce at local farmers’ markets, you get the most nutritious value from it. Local produce is picked at optimum times, and you can be confident in knowing where the food you’re providing to your family is coming from. Buying locally also helps support regional farmers and builds connections in the community. There is a boost in a community’s economy when we shop local. Come out to the Saturday Morning Summer Market in Williams Park, which runs from June to August from 9:00 a.m.–1:00 p.m.



Free Community Classes focused on nutrition, physical fitness, and wellness offered at Campbell Park Recreation Center. Participants receive a free produce voucher with

each class attended. For more information, contact Healthy St. Pete at 727-892-5994 or visit www.healthystpetefl.com

Summer Recipe

Ingredients

- 4 ripe mangoes
- 1 medium red onion, minced
- 1 teaspoon ground cumin
- Juice of 2 limes
- 1/4 cup chopped fresh cilantro
- 1 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Mango Salsa



Instructions

Cut mango into 1/4-inch dice. Scrape flesh from mango skin with a spoon and drop into a medium bowl. Combine diced mango with remaining ingredients; toss gently. Try adding on top of grill chicken or fish.



Resources:
<http://www.oprah.com/food/grilled-fish>



****Send us a picture of you and the family making or enjoying this recipe and possibly see yourself on our social media****
#healthystpete