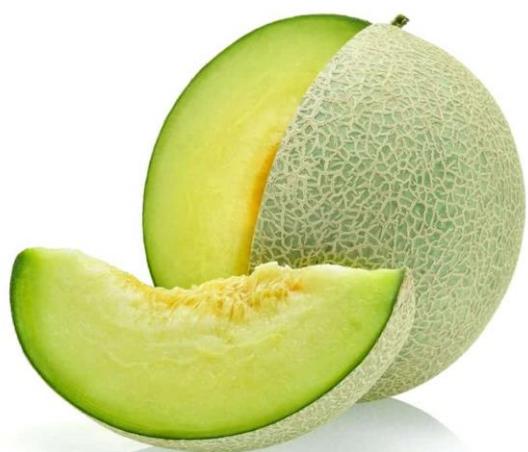


## ATAULFO MANGOES

**Ataulfo mangoes** are sweet and creamy with a buttery texture. Unlike other fibrous varieties, the flesh of Ataulfo Mangoes is custardy especially when they reach peak ripeness with no fiber.

Color isn't the best indicator of ripeness for mangoes. Ripe mangoes will give when firmly squeezed, with just a bit of softness. The color will be yellow to orange, with a sweet fragrant smell. Their skin will turn to a deep golden color, and small wrinkles appear when they are fully ripe.

The peak season for Ataulfo mangoes is from March through June. Now is the perfect time of year for this mouth-watering fruit.



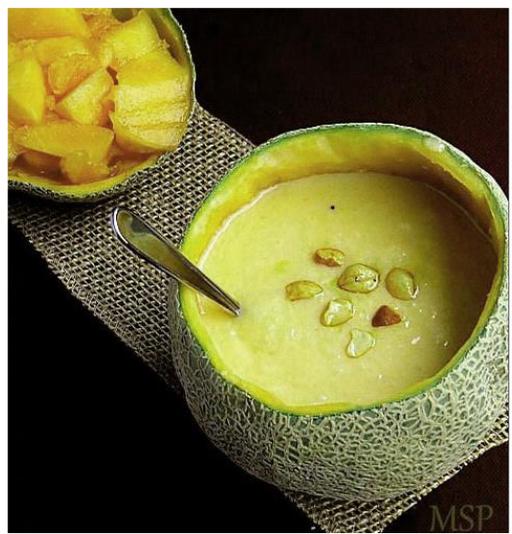
## MUSKMELON

**Muskmelon**, also known as Cucumis melo, is a melon species that belongs to the gourd family and is closely related to other plants like squash, pumpkin, zucchini, and watermelon. Muskmelon has a large seed cavity and a net-like appearance. Its sweet, musky taste with a high sugar content lingers on the tongue. It also has a high water content, which makes you feel full after having the fruit. It is delicious, refreshing, and easy to add to your diet. Muskmelon can be cut into cubes and enjoyed alone or as part of a tasty fruit salad. It can also be churned into a fresh sorbet for a healthy way to satisfy your sweet tooth.

Packed with a bevy of minerals and antioxidants, muskmelon is a storehouse of health benefits. Low in calories, muskmelon is an excellent source of vitamins A and C and is also high in potassium and folacin.

Look for muskmelon with a firm skin exterior, free of soft spots, and feels slightly heavy. It can be stored at room temperature until ripened.

## MUSKMELON RICE PUDDING



### Ingredients:

- 1/4 cup rice
- 1 tbsp. almonds, blanched
- 3 cups milk
- 1/4 cup thick puréed cantaloupe
- ~ 1/4 cup sugar
- 1/8 tsp. cinnamon powder
- 1 tbsp. cashew nuts, pistachios, pecans, chopped
- 1 tbsp. ghee

**Preparation: 15 mins**

**Cook Time: 15 mins**

**Servings: 4**

### Directions:

**Step 1:** Cook rice with twice the amount water until it is well cooked and mushy. Meanwhile, blanch the almonds and grind them in a mixer into a smooth paste.

**Step 2:** Heat a pan and add the puréed almonds. Sauté on a medium flame until the raw taste goes off.

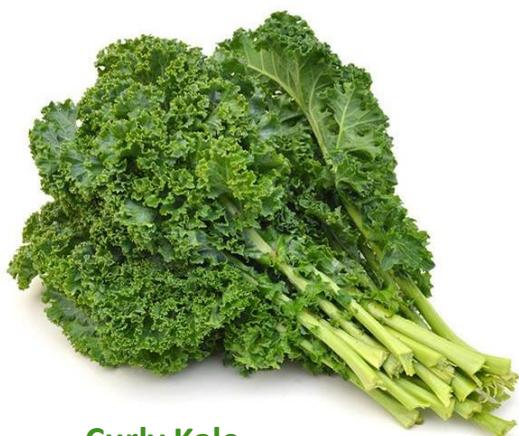
**Step 3:** Bring milk to a boil in a heavy bottomed saucepan. Simmer it and keep stirring constantly. Once the milk reduces and thickens, add the cooked rice, puréed muskmelon, almonds and sugar.

**Step 4:** Keep stirring until it reaches a pudding consistency; thick and creamy. Roast the cashews in ghee and add it to the pudding.

**Step 5:** Refrigerate the pudding for an hour and serve it chilled. Enjoy!

\* Muskmelon Rice Pudding recipe: <https://www.themagicsaucepan.com/desserts/payasam/cantaloupe-rice-pudding-musk-melon-kheer>

## Organic KALE



Curly Kale

**Kale**, a leafy green vegetable, is packed with all sorts of beneficial compounds. It is one of the healthiest and most nutritious plant foods in the world. It is in the same vegetable family as cabbage, cauliflower, brussel sprouts, and broccoli. Kale can be used raw in salads, and juices, cooked in stews, stir-fries, soups or baked for kale chips.

Kale is packed with beneficial fiber, vitamins A, C, and K, magnesium, iron, calcium, and is a rich source of antioxidant polyphenols. Kale contains very little fat, but a large portion of the fat is an omega-3 fatty acid called alpha linolenic-acid, which is one of the most important acids when it comes to lowering glucose levels and increasing insulin sensitivity.

**Green Kale**, also called Curly Kale, is the most common type of kale at the local market. It is usually bright green, dark green, and sometimes purple with curled-in tips. Curly Kale has a peppery bitter taste.

**Black Kale**, also called Dinosaur, Tuscan, or Lacinato Kale, has a darker shade of green with a lightly wrinkled and firm texture. It is slightly sweeter and is more tender than the curly green kale.

**Red Kale**, also called Redbor Kale, has frilly, well-curved deep red or purple color leaves with deep purple stem. It is fluffier, dense, and softer in texture, and is slightly sweeter than curly green kale. It is used similarly to other green kale varieties, however, it will lose some of its beautiful color when cooked. The purple stems should be removed before cooking.

Choose kale with smaller sized leaves for salads or cooking. The leaves are usually more tender, and have a milder favour than those with large leaves. Store unwashed kale in a plastic bag in the refrigerator for up to one week.



Dinosaur Kale



Redbor Kale

## RAINBOW BOWLS WITH ALMOND-GINGER DRESSING

\* Rainbow Bowls with Almond-Ginger Dressing recipe: <https://www.loveandlemons.com/rainbow-bowls-almond-ginger-dressing/>

### Ingredients:

- 1 red pepper, thinly sliced
- 1 large cucumber, spiralized or thinly sliced
- 1 large carrot, peeled into ribbons
- 1 cup halved cherry tomatoes
- 6 cups loose packed soft baby kale
- 2 cups purple cabbage, shredded
- 8 - 10 basil leaves, chopped
- 2 scallions, chopped
- 1/2 cup edamame or protein of choice
- 2 tbsp. hemp seeds
- 8 oz. cooked brown rice noodles

### Dressing:

- 1/4 cup almond or cashew butter
- 1/4 cup fresh lime juice
- 1 1/2 tbsp. tamari, plus more to taste
- 1 garlic clove, minced
- 1/2 tsp. minced ginger
- 1/3 cup almond milk
- optional: a squirt of sriracha

### Directions:

**Step 1:** Make the dressing: In a small bowl, combine the almond butter, lime juice, tamari, ginger and garlic. Whisk until smooth. Add the almond milk and whisk to combine. (At this point, the dressing might taste a little salty and strong but once it's tossed with all of the vegetables, the flavors will become more balanced). Chill until ready to use. If the dressing separates, give it a little stir before using.

**Step 2:** In a very large bowl, combine pepper, cucumber, carrot, cherry tomatoes, kale, cabbage, basil, scallions, edamame, hemp seeds and brown rice noodles. Add the dressing and toss well so that the vegetables begin to wilt. Taste and season with more tamari, if desired.



**Prep Time: 15 minutes**

**Cook Time: 15 minutes**

**Servings: 4**