



Mangoes, also known as “the king of fruit” is the most popular fruit in the world.



WENDY SCHMIDT
BETWEEN THE ROWS

Meditation on the mango

Mangoes are native to India where they are known as “the king of fruit.” They are the most popular fruit in the world. Mangoes are an important ingredient in dishes as varied as curries, chutneys, and tropical fruit salads. They can be eaten raw, pickled, dried, or cooked or liquified in your favorite smoothie. Mangoes peeled with a stick handle are popular street food.

You can either eat raw and ripe mangoes, or use mango powder, which is made from green (unripe) mangoes. The powder is used as a souring agent and is preferred to lemons and tamarinds because of its longer shelf life. The powder is added to food dishes, primarily vegetarian, right before serving so that it’s noticeable flavor brightens the taste of the dish you’re serving.

Mango’s botanical name is *Mangifera indica*, and its family name is Anacardiaceae.

Mango facts

- Mango is related to cashews and pistachios.
- The paisley pattern, invented in India, is based on the shape of the mango.
- Most of the mangoes we buy here are grown in Ecuador, Haiti, Brazil, Peru, Mexico or Guatemala.
- Ripen mangoes in a paper bag. Adding an apple speeds the process. Press lightly to check ripeness; a ripe mango will yield slightly under your touch.
- Put only ripe mangoes in the refrigerator. Chilling them slows or stops the ripening process. Fully ripe mangoes will hold their ripeness and be good eating for several days.
- Mangoes spread by seed throughout Asia and the Middle East and as far as Africa and South America. Mangoes grow well in Hawaii.
- Buddha was said to meditate under the shade of a Mango tree.

As a chutney, mangoes add spicey-ness and enhance meat dishes.

You don’t have to make your own chutney. There is very good chutney available at Asian grocery stores or gourmet markets such as Trader Joe’s. The best chutney is Sun Brand Major Grey’s chutney. Serve it on a plate next to rice and a chicken dish.

If you have extra mangoes, onion, garlic, and ginger, here’s an easy recipe for a good chutney relish to solve your craving for Indian food:

- 3 cups diced ripe mangoes
 - 1/2 cup fine-dice red or any onion
 - 1/3 cups golden raisins
 - 1/3 cup brown sugar
 - 5 Tbsp fine-minced garlic
 - 3 Tbsp fine-minced ginger root
 - 1/4 tsp salt
 - 1/8 tsp red pepper flakes
- Combine all ingredients in medium saucepan. Set over medium heat, and cook, covered for 30 minutes. Store in a sealed container.
- Prep time 10 minutes
 - Cook time 30 minutes
- Have a delicious and fun time enjoying mangoes, a favorite the world over.

■ Wendy Schmidt is a longtime gardener. She lives in La Grande.

SMASHING SUCCESS

By LINDA GASSENHEIMER • Tribune News Service



Linda Gassenheimer/TNS
Smash burger and coleslaw with salsa.

Smash burgers are all the rage. They’re ground beef rolled into balls, and smashed with a burger press into thin patties.

This creates a large surface for extra browning and flavor. The thin patties cook in 3 to 4 minutes. For this recipe, you don’t need a special press. You can place the burgers between two sheets of parchment paper or plastic wrap and flatten them with bottom of a frying pan or pot. They’re a perfect dinner to the end of summer, or for anytime you want a burger.

Dimple (make an indent with your finger) in the center of the patties to help stop shrinkage when cooking.

I doctored bought coleslaw with tomato salsa for the side.

Helpful Hints

- You can use 100% grass-fed ground beef instead of ground bison.
- You can use any type of cheese.

Countdown

- Prepare all ingredients.
- Make coleslaw and add to plates.
- Toast hamburger rolls.
- Make smash burgers.

Shopping List

To buy: 1 package whole wheat burger buns, 3/4 pound ground bison, 1 bag shredded lettuce, 1 package reduced-fat American cheese slices, 1 container sliced dill pickles, 1 container deli coleslaw, 1 bottle tomato salsa, 1 jar reduced fat mayonnaise, 1 can olive oil spray and 1 bottle ketchup.

Staples: onion, salt and black peppercorns.

SMASH BURGER

Recipe by Linda Gassenheimer

- Olive oil spray
- 2 whole wheat burger buns
- 3/4 pound ground bison
- Salt and freshly ground black pepper
- 1 cup thinly sliced onion
- 1/2 cup shredded lettuce
- 2 slices, reduced-fat American cheese
- 1 dill pickle cut into thin slices (about 1/4 cup)
- 2 tablespoons reduced-fat mayonnaise
- 2 tablespoons ketchup

Spray the inside of the burger buns with olive oil spray and toast in the toaster oven or under a broiler until golden. Remove and set aside. Mix salt and pepper to taste into the ground bison. Form the bison into 4 balls about the size of a golf ball. Place between 2 sheets of parchment paper or plastic wrap and flatten the balls to about 1/4- to 1/2-inch thick. This can be done with a flat spatula or the bottom of a heavy skillet. Heat a nonstick skillet over medium-high heat and spray with olive oil spray. Add the onions and saute two minutes stirring occasionally. Push the onions to the sides of the skillet and add the burgers. Cook 2 minutes. Turn the burgers over with a large spatula. Cover 2 of the burgers with the cheese slices. Cover the skillet with a lid and continue to cook 2 minutes. A meat thermometer should read 135 to 140 degrees. Place the burger bun bottoms on two dinner plates. Divide the onions in half and place on these buns. Do the same with the lettuce and pickle slices. Place the burger with the melted cheese on the buns next. Place the remaining 2 burgers on top of the burger with the cheese. Spread the top of the buns with the mayonnaise and ketchup and cover the burger.

Yield 2 servings.

Per serving: 485 calories (32% from fat), 17.5 g fat (5.6 g saturated, 5.6 g monounsaturated), 125 mg cholesterol, 45.3 g protein, 34.4 g carbohydrates, 4.8 g fiber, 809 mg sodium.

COLESLAW WITH SALSA

Recipe by Linda Gassenheimer

- 1 cup bought deli coleslaw
- 2 tablespoons tomato salsa, drained

Drain coleslaw. Mix tomato salsa into the coleslaw. Divide between two dinner plates.

Yield 2 servings.

Per serving: 166 calories (60% from fat), 11.1 g fat (2 g saturated, no monounsaturated), 10 mg cholesterol, 1.2 g protein, 16.2 g carbohydrates, 2.2 g fiber, 340 mg sodium.

Going back to school and coping with anxiety

Mayo Clinic News Network

DEAR MAYO CLINIC: I have two sons, ages 5 and 14. My eldest is always excited to start school and have new adventures. My younger son will begin kindergarten this year. Although he went to day care part time, he has begun to express concern about being away from me all day and is showing increased anxiety as we talk about school. How can I help him be less anxious?

ANSWER: Getting ready for a new school year can be exciting for children, parents and caregivers. It also may be a major cause of anxiety or stress.

Most people get nervous when they face change. Whether kids are heading off to elementary school, high school or college, leaving the safety and familiarity of home can prompt feelings of fear.

One of the most helpful things you can do is reassure your son that what he is feeling is normal. Separation anxiety happens to many people of all ages. Then, as much as possible, help him gradually gain exposure to, and get comfortable with, going to school.

Try to get a sense of what it is about school that makes your son nervous. Is he concerned about making new friends? Is he concerned about the teachers? Is he worried about the class work? Is there something new that may be causing anxiety, like riding a bus? Sometimes just being able to talk about those details and put the nervousness into words can help a child who is feeling anxious.

Continuing to show love, support and warmth can go a long way. Share with your son an experience you had when you were anxious about facing something new. Talk to him about how you handled the situation. Ask your older child to share some experiences and how he overcame his fears. Doing this will let your younger child know that he is not alone in the situation, that it is OK to be nervous, and he can get through it.

Talking to your son about what his school day might be like and preparing him ahead of time by doing things such as visiting the school and meeting teachers can be beneficial. Taking a tour ahead of time of his classroom, the playground and even the bus stop can help. If your son is nervous about getting on the school bus, call the transportation department to see if he can meet the bus driver early.

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The wonderful utility of the apple box



DOROTHY FLESHMAN
DORY'S DIARY

In some instances one word can lead to another, and, in this instance, the word was cupboard.

And the words it led to are apple box.

If that seems too farfetched to have a connection, my August 2 diary mentioned traveling cupboards that moved with the mover when changing one house for another residence.

Alert readers reminded me that there was another step backwards into the past that I had failed to mention.

And, those words were apple box, which at one time, had the same usage.

A few well-placed nails in the back of a box held sidewise

against a wall was instant cupboards for one’s supplies. Certainly the nails going in or coming out or just pushed against the wall at floor height would be a quicker boost to moving day, for the supplies would travel in their own box, reducing the need and bulk for further travel storage boxes. Even easier would be to stack the boxes one on top of the other and load down with goods so that the whole “cupboard” didn’t topple over. Either way could eliminate unloading and reloading the boxes, for they could travel just that way.

Homes and apartment dwellers found clever uses for the plain item of a wooden box converted into a cupboard, one with wooden doors, the other possibly with a material cover for food and clothing or open to reveal books, radios, and such.

There possibly was never a hunting or vacation cabin in the

woods or even outdoor camping that didn’t have wooden boxes containing needed supplies, lidded perhaps, and covered with tarps, strapped to the backs of pack animals when headed into the hills.

Likewise, a filled box carried short in-arm distances from house to mover truck or reverse could be managed quickly for easy access to supplies.

Thus, it was convenience and expense, not looks, that hid one’s household belongings from public view; however, clever wives could use lengths of material to disguise the contents with a curtain.

And, if or when necessary or desired, the yardage could be converted into a neat housedress further disguised by an apron for further duty.

But, back to the apple box.

We had moved into a house that had a big barn filled with apple boxes. Some were regular

but some had inserts in the middle that gave them division for goods.

In the fall season, the boxes were removed from the barn and put to duty in selling apples and pears, trucking them off to market.

There were a few boxes left in the barn, so I stacked them just so for a dollhouse, using sawed-off blocks of wood for furniture and scraps of material from the rag bag for tablecloths, curtains, and bedspreads.

With my little china dolls and use of imagination, I couldn’t have been happier at play.

Yes, one word can lead to another thought — one thought to another word, a gift to be offered others.

Play it forward.

■ Dorothy Swart Fleshman is the author of *Dory's Diary* published monthly in *The Observer and Baker City Herald*. She is a resident of La Grande.