JUNE NEWSLETTER

DUTCHESS OUTREACH

Food Farmacy

Did You Know?

Ten Mile Farm partners with Dutchess Outreach to fight food waste and insecurity by donating fresh produce and meat. In their first year, they provided over 150,000 pounds of food to those in need.

Juneteenth

Let's celebrate this year's Juneteenth by honoring the resilience, cultural heritage, and enduring legacy of freedom rooted in the vibrant traditions of the African diaspora across the U.S. and the Caribbean.

Bike Trails

For easy and family-friendly biking, the Hudson Valley Rail Trail is a great option for exercise. This 7.1-mile trail offers a scenic ride through forests and over bridges, perfect for leisurely cycling.

Fresh Mango Salad Recipe

Ingredients:
1 Mango
¼ Red Onion
1 Green Bell Pepper
2 Stalks of Celery
1 Tomatoes
1 Cucumber
Parsely

The Dressing:
1 tbsp Olive Oil
2 tbsp Fresh Lemon Juice
½ tsp Red Wine Vinegar
¼ tsp each of Salt, Pepper, Garlic Powder, and Onion Powder

Instructions

1. Peel the red onion and mango and chop them up into small cubes and place in large bowl.
2. Wash and chop up the tomato, cucumber, green bell pepper, celery, and parsley and add them to the bowl as well.
3. Toss all the ingredients well together.
4. Make the dressing by adding all the ingredients to a mason jar or bottle with a lid. Shake them well until mixed.
5. Drizzle the dressing over the mango salad and enjoy!

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