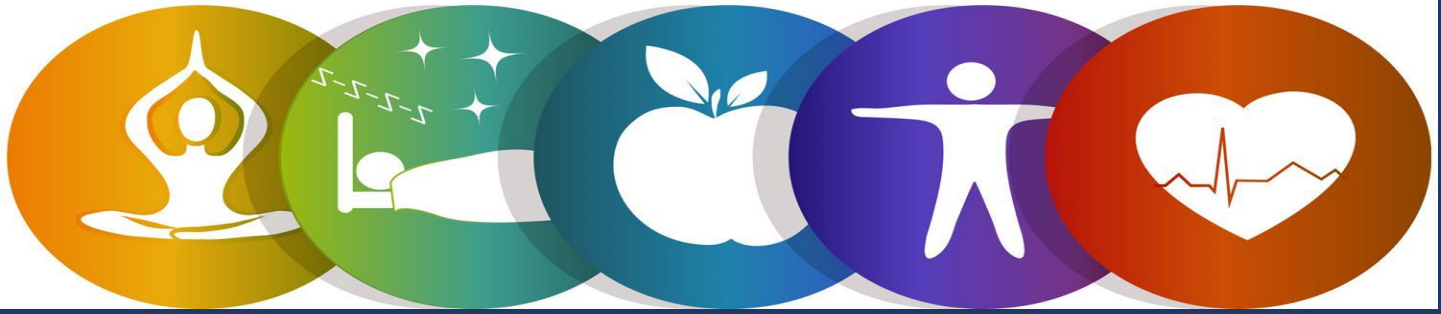


WELLNESS



THIS WEEK'S THEME: MANGOS

Truth be told.....I bought a case of mangos last week when they were on sale and I have not eaten any of them yet!! – I chose mangos for the theme today so I could look up a good mango salsa recipe!!!

Let's talk a little bit about MANGOS!

A **mango** is an **edible stone fruit** produced by the tropical tree *Mangifera indica*.

In **India**, the mango is often referred to as the “king of fruits.” It holds a special place in Indian culture, literature, and art. There are over **1,000 varieties** of mangos worldwide, each with its unique flavor, texture, and color. Mango trees can grow up to **30–40 meters (98–131 feet)** tall, with a crown radius of **10–15 meters (33–49 feet)**. Some other fun facts:

1. The leaves are evergreen, changing from orange-pink to dark green as they mature.
2. Mango flowers are small, white, and fragrant, arranged in terminal panicles.
3. The fruit takes four to five months from flowering to ripening.
4. Ripe mangoes vary in size, shape, color, and eating quality. They can be yellow, orange, red, or green.
5. The skin is leather-like, waxy, and fragrant, with colors ranging from green to yellow, orange, and various shades of red when fully ripe.
6. Inside the fruit, there's a single flat, oblong pit that doesn't separate easily from the pulp.
7. Mango Madness:
 - The Mango Festival in India celebrates this fruit with music, dance, and mango tastings.
 - People participate in mango-eating contests, trying to devour as many as possible!

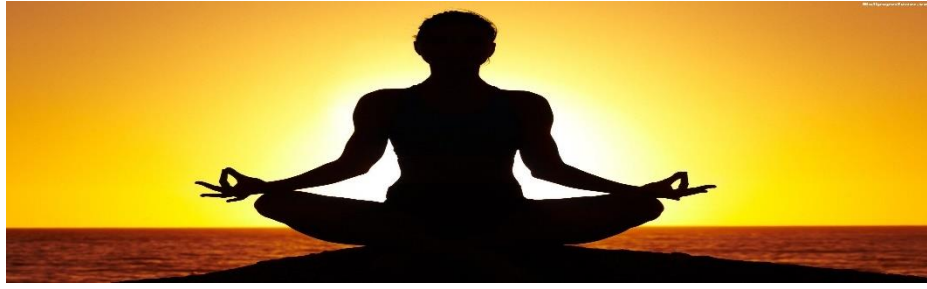
Mangos are enjoyed worldwide, from salsas to smoothies. They are used in both sweet and savory dishes.

MANGO SALSA

Ingredients

- 3 ripe mangos, diced
 - 1 medium red bell pepper, chopped
 - 1 Roma tomato, chopped
 - ½ cup chopped red onion
 - ¼ cup packed fresh cilantro leaves, chopped
 - 1 jalapeño, seeded and minced
 - 1 large lime, juiced (about ¼ cup lime juice)
 - ⅛ to ¼ teaspoon salt, to taste
- In a serving bowl, combine the prepared mango, bell pepper, onion, cilantro and jalapeño. Drizzle with the juice of one lime.
 - Using a large spoon, stir the ingredients together. Season to taste with salt and stir again. For the best flavor, let the salsa rest for 10 minutes or longer.
 - Salsa will last in the fridge for several days – ENJOY!!





YOGA SCHEDULE

Location	Days	Time	Provider
Quamichan School Dance Room	Mondays	3:45 – 4:30 pm	Gillian Berry
Frances Kelsey Secondary Dance Room	Tuesdays	3:30 – 4:30 pm	Kendra Crighton
Chemainus Secondary Dance Room	Thursdays	3:45 – 4:45 pm	Alison Donnelly
Cowichan Secondary Dance Studio	Thursdays	3:45 – 4:45 pm	Kim MacLean
Lake Cowichan School Library	Thursdays	3:30 – 4:30 pm	Julie Madden

CANCELLED YOGA SESSIONS

NO YOGA AT LAKE COWICHAN ON MARCH 7TH

NO YOGA CLASSES DURING SPRING BREAK

[View Online](#)



March 2024 • Gut Health, with Nishta Saxena



[What is a healthy gut and why should we care about it?](#)



[Your gut, your brain, and mental health](#)



[Gut and diseases later in life](#)



[Gut and children's health](#)



[Keeping a healthy gut](#)



[Pre/pro/post-biotics and their effects on gut health](#)



Ask The Expert • March 20th at 12:00PM ET

[Nutrition Tips for your Health](#)

[Brenda Navin, Registered Dietician, CEO and Founder of Launch My Health](#)

Expert Blog • LifeSpeak's leading experts keep you up to date on the topics that matter to you.

- [8-min Guided Meditation: Goodnight Breathing Routine for Families](#)
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DST sets clocks forward by an hour in Springtime. What does DST stand for?

Daylight Savings Time – THIS YEAR, MARCH 10TH – PUT YOUR CLOCKS AHEAD 1 HOUR!

What is the first day of spring called?

Vernal Equinox

What is the term *equinox* Latin for?

Equal Night

What happens on a vernal equinox?

12 hours of day 12 hours of night

What are the spring zodiac signs?

Aries, Taurus, Gemini

As tradition goes, what happens if Punxsutawney Phil does not see his shadow on groundhog Day?

Spring comes early - YIPEEEEEEE

Which animal is the mascot of spring?

Rabbit

April showers bring what?

May Flowers

Name two flowers that bloom in spring that start with the letter 'L'.

Lilac and Lilies

This flower is one of the first to pop out in the spring and the first that people get rid of. What is it?

Dandelion



**AND THE WINNER OF THE TRIVIA IS.....ASHLEY OLENDER – WELL DONE ASHLEY
AND THANK YOU FOR PLAYING ALONG!!!**

alive@work *Healthy Learning at Work*

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3-minute read

Are you sobercurious?

Alcohol may be inhibiting you from living your best life

2-minute read

Beauty from the inside out

An Indigenous approach to Inner beauty

2-minute read

How foods help us detoxify

Nutrition for spring cleansing

3 great recipes

Salads, reimagined

Warm salads to bowl you over

3-minute read

Kick seasonal allergies to the curb

Magnifying the Immune response

alive

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[Cowichan Valley School District \(alive.com\)](https://www.alive.com)

Welcome to the latest edition of alive@work!

Here you'll find quick tools to inspire you on your health and wellness journey.

Be sure to check out the alive@work bonus TAKE 5, where you'll discover even more healthy cooking ideas and actionable health facts.

Enjoy!

Hul'q'umi'num Greeting for this week



Wulhxus

March

(The time when the frogs start to sing)





With Spring Break right around the corner, I take the time to wish you a relaxing and rejuvenating break! I hope you are able to use this time to recharge, relax, and enjoy the anticipation of the coming Spring season! See you after the break!" 🌸🌸🌸

If you have an idea or a theme you would like to see incorporated into WELLNESS WEDNESDAY'S – **send me an email!** dwhyte@sd79.bc.ca

....until next Wednesday!!!

Take care,

Donna Whyte

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