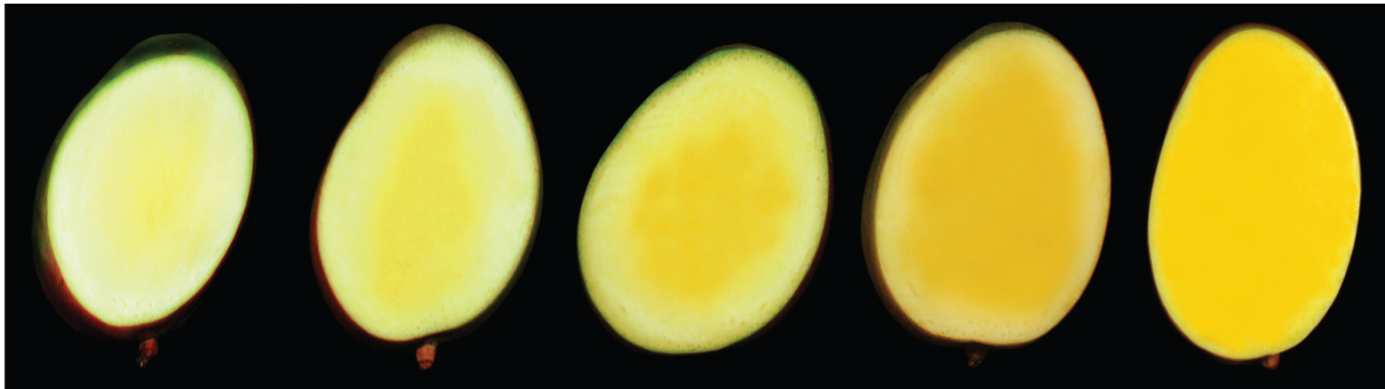


Mango Storage, Ripening & Cutting



How Mangos Ripen

- Growers harvest mangos when mature, not ripe.
- Mangos can be used at all stages of ripeness, from green to very ripe.
- Mangos do NOT ripen when refrigerated.
- Mangos ripen from the seed out becoming more juicy, sweet and aromatic.



Receiving & Storing Tips

- Mangos are packed in 8.8-pound cartons designed for airflow and to protect the fruit.
- Cartons display the variety name, count, net weight, source country, any treatment, and U.S. contact information.
- Ripe mangos can be refrigerated up to 5 days.
- Mangos produce ethylene, so store away from ethylene sensitive products.



Safe Handling Practices

- Wash mangos before cutting.
- Wear gloves to comply with food safety rules and to avoid a possible allergic reaction.
 - Mango skin contains an oil that can cause an itchy rash for those who are sensitive to poison ivy and poison oak.
 - Most people who are allergic to the oils in the mango's skin can enjoy mangos without a reaction.



How to Judge Mango Ripeness

- Squeeze a mango gently, if it's ripe it will give a little.
- Color is NOT the best indicator of ripeness. The red blush on some mangos is usually a result of exposure to sun while on the tree or specific to the variety.



How to Cut Fresh Mango

- To maximize yield, locate the seed.



- Cut a thin slice off the stem end to steady the mango. Use a knife to remove the skin.



How to Cut Fresh Mango

- Slice the cheek away from the seed, beginning $\frac{1}{4}$ inch from the center.



- With the seed flat, remove flesh from the sides of the seed.



Maximum Yield

- Using the cutting technique shown, research confirmed a high yield for fresh mango.
- The analysis was based on 50 mangos of each variety and size, cut when the mangos were ripe.

MANGO SHAPE	VARIETY TESTED	SIZE/COUNT	% YIELD	USABLE WEIGHT
ROUND	TOMMY ATKINS	8	62.91	11.27 OZ
ROUND	TOMMY ATKINS	12	60.51	6.77 OZ
OVAL/OBLONG	ATAULFO	12	71.29	9.23 OZ
1 CUP 3/8"-DICE MANGO = 6.35 OZ				
SOURCE: MATTSON FRESH MANGO YIELD STUDY 2008				

For More Information

www.mango.org/foodservice

