



Share. Mango. Love.

*The passion and craft of
growing and harvesting mangos*

PUERTO RICO



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At what point does a fruit become a cultural icon? Revered by many cultures and rich in nutrients, mangos (*Mangifera indica* L.) are one of the most popular fruits in the world. Buddhist monks considered them sacred. Created in India, the paisley pattern was inspired by the shape of mangos.

Native to southern Asia, mango trees proliferate in tropical climates around the globe—Central and South America, Asia, Africa, the Caribbean, Hawaii, California, and Florida. And in these beautiful, often romanticized regions, mango farmers nurture and harvest this luscious, nutritious fruit and share it with the world. Puerto Rico is one such place.

INTRODUCTION

Everyday Mangos

Drive along any street in Puerto Rico and you'll find mature mango trees. Abundant with fruit, some nearly 40 feet tall, in back yards, front yards, and along sidewalks—encountering a mango tree is an everyday occurrence.

Native to southern Asia, mango trees were brought to Puerto Rico around 1750. These prolific trees burst with fresh fruit dangling from their branches April through August. A staple fruit in the Puerto Rican diet, mangos abound at every community market, grocery store, or street-side vendor. And because many Puerto Ricans enjoy “back yard” mango trees, the fruit is often shared among neighbors, families, and friends.

PART I







Martex Farms—From Hobby to Full Time Family Farm

Overlooking the Caribbean Sea along Puerto Rico’s arid, subtropical southern coastline is family-owned Martex Farms. What started as a hobby over 25 years ago for Venancio C. Martí (“Veny, Sr.”), founder and president of Martex Farms, has now grown into a family business with approximately 80,000 mango trees spanning nearly 2,500 acres, a packing plant, a processing plant, and more than 375 employees. Members of the Martí family are involved in the day-to-day operations of Martex Farms, including Veny, Sr.’s brother, Gustavo, and son and daughter, Veny, Jr. and María Rosa. With great care and hands-on attention to detail, Martex Farms is recognized for quality and innovation.



Martí Family Mango Feast

Passion runs deep in this mango family. Three generations of Martí family members gather at the farmhouse for a delicious meal featuring traditional Puerto Rican staples. In daily Puerto Rican life, mangos are most often eaten as a snack. However, chefs and home cooks are increasingly using the island's fresh bounty, such as mangos, to brighten recipes with fresh flavor and a burst of nutrients. The Martí family enjoys mangos alongside mainstays of island cuisine: pork, rice, beans, and plantains. Mangos impart a luscious flavor as well as a wide array of nutrients, such as vitamins A and C, fiber, and folate.

PART III







Mangos, Harvested Year Round

Although Puerto Rico's back yard trees may adhere to the standard April through August harvest season, Martex Farms harvests mangos year-round thanks to innovative agronomic techniques. These include a low tree-density planting design, selective pruning, and a sophisticated irrigation system providing the optimal amount of pure water from Martex's reservoirs and spring fed deep wells. This enables Martex Farms to provide mangos to consumers and restaurants in Puerto Rico, Europe, and North America throughout the year. In addition, Martex Farms Chief Agronomist, Dr. Yair Aron, oversees Martex Farms' research and development, a true labor of love where traditional selective breeding is used to create new mango cultivars.

PART IV

From Tree to Table

At sunrise, a team of workers begins harvesting mangos, handpicking the fruit into buckets and then filling large crates pulled behind farm tractors.

As the workers hand pick their way down each row, a second team of workers using long pole harvesters gently plucks mangos from high branches that are unreachable by hand.

Within a few hours, thousands of mangos will be harvested and delivered to the Martex warehouse where they're washed, inspected, sorted, packaged, and loaded onto containers to be shipped throughout Europe and North America. Martex's sophisticated traceability system provides tracking information defining the date the fruit was harvested, the farm and field where it was picked, as well as the whole history of that field.

PART V









MANGO

~ 101 ~

Everything you've always
wanted to know about mangos.

HOW TO
CHOOSE
~ the perfect ~
MANGO

Squeeze the mango gently.
A ripe mango will give slightly.

Don't focus on color. It is not the best indicator of ripeness.

Use your experience with produce such as peaches or avocados, which also become softer as they ripen.

The red color that appears on some varieties is not an indicator of ripeness.
Always judge by feel.

Ripe mangos will sometimes have a **fruity aroma** at their stem ends.

RIPENING
& **STORING**
MANGOS

Keep unripe mangos at **room temperature**. Mangos shouldn't be refrigerated before they are ripe.

Mangos will **continue to ripen** at room temperature, becoming sweeter and softer over several days.

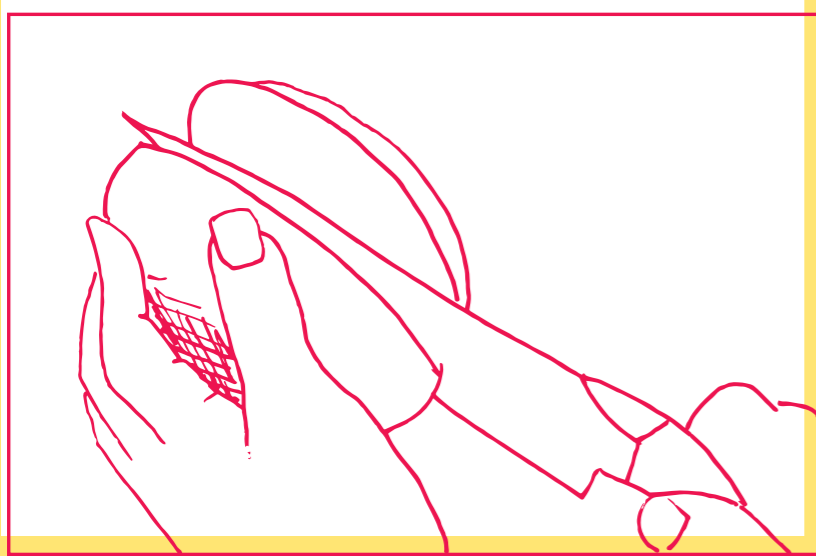
To speed up ripening, **place mangos in a paper bag** at room temperature.

Once ripe, mangos should be moved to the refrigerator, which will slow down the ripening process. Whole, ripe mangos may be stored for up to five days in the refrigerator.

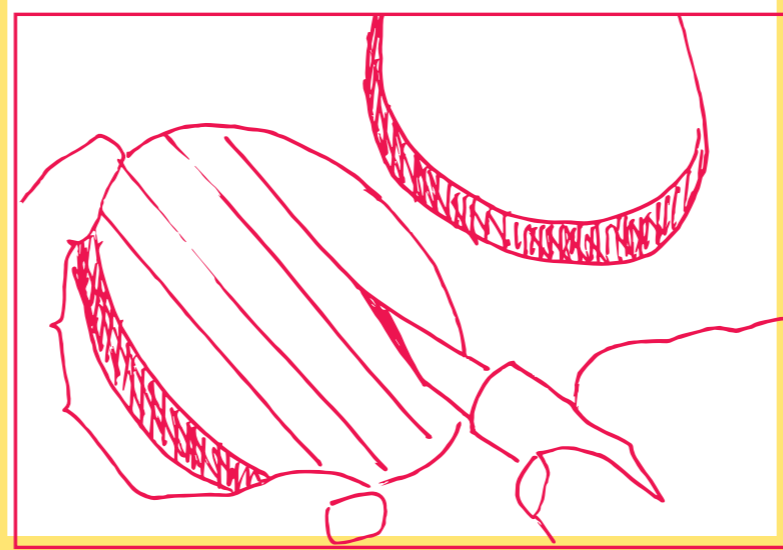
Mangos may be peeled, cubed and placed in an airtight container in the refrigerator for several days or in the freezer for up to six months.

HOW TO CUT *~ a ~* mango

Cutting a mango is as easy as 1, 2, 3! The most important thing to remember is that the mango has a long, flat seed in the center of the fruit.



1 Stand the mango on your cutting board stem end down and hold. Place your knife about ¼" from the widest center line and cut down through the mango. Repeat on the other side, and you'll have two mango "cheeks."



2 Cut parallel slices or a checkerboard into the mango flesh, being careful not to cut through the skin.



3 Scoop the mango slices or cubes out of the mango skin using a tablespoon and enjoy!

MANGOS

QUICK FACTS YOU'LL LOVE
on the superfruit

Mangos are bursting with over

20

vitamins and minerals.

One cup of mango contains

100%

of the daily requirement for

VITAMIN
'C'

an antioxidant that plays an important role in immune function.

Mangos are a good source of

FIBER

—which makes you feel full faster and therefore may help support weight management.

Mangos are an excellent source of

VITAMIN
'A'

—which helps maintain healthy skin and is important for bone growth.



=

100

1 cup mango

calories.

Mangos are an excellent source of

folate

—a B vitamin with many functions throughout the body.

THE NATIONAL MANGO BOARD

The National Mango Board is an agriculture promotion group, which is supported by assessments from both domestic and imported mangos. The board was designed to drive awareness and consumption of fresh mangos in the U.S. Learn more at www.mango.org.

