

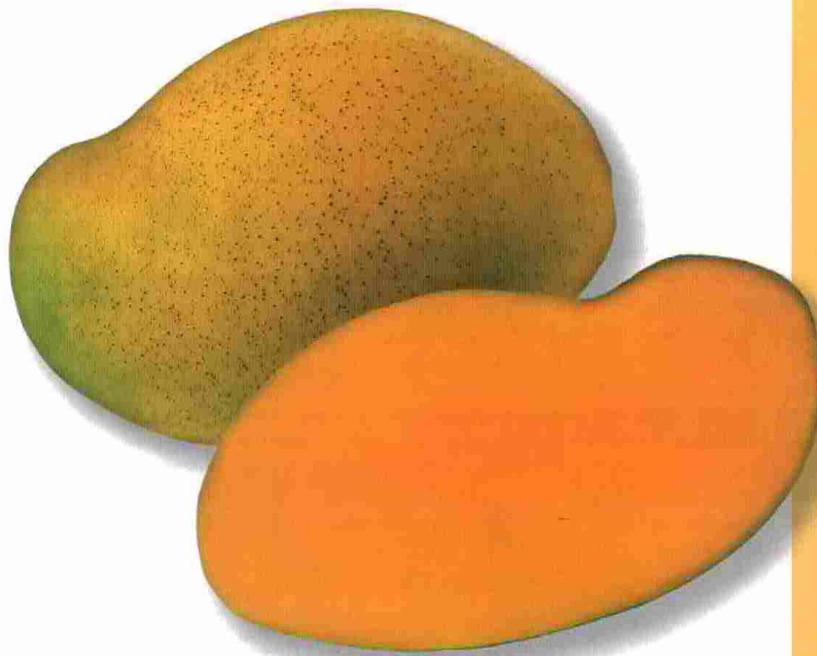


April 2009  
Circulation: 13,000

exotic



CORNER



# Francis Mango

[aka: madame francine]

Out of all the mango varieties named after women in the old Caribbean tradition, the Francis Mango is perhaps the most unique. Exported to the U.S. exclusively from Haiti from March through October, its sweet, spicy and complex flavor

fully awards those who take a stab at its slightly fibrous, deep orange flesh. Rich in antioxidants, vitamins A and C, beta carotene and potassium and low in calories, fat and sodium, it also contains an enzyme that helps break down proteins to aid in digestion.

Small, flat, and kidney-shaped, the Francis mango starts out lime green and ripens to bright yellow. It should be stored above 50°F to maintain the best flavor, with a sweet aroma and small brown speckles indicating the final ripening stages. To prepare, cut lengthwise

along the wide side of the fruit, staying close to the long, flat stone. Slice a crisscross pattern into the flesh, keeping the skin intact, and turn this natural fruit cup inside out to eat fresh mango right off the skin. Or, add to salsas, salads, or smoothies for a nutritious and tropical twist.

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