



Don't Judge A Mango By Its Color

Mangos come in a variety of colors – many shades of green, yellow, and red – and lots of mangos show more than one color. When choosing a mango, don't focus on color – it's not the best indicator of ripeness. A ripe mango will have a slight "give" and will be soft to the touch. If you're looking for a mango that you can eat today, choose one that is slightly soft. A firmer mango would be a good choice if you plan to eat it several days later.

To ripen mangos, keep them at room temperature. They will continue to ripen, becoming sweeter and softer over several days. Once ripe, you can move mangos to the refrigerator until ready to eat. Whole, ripe mangos may be stored for up to five days in the refrigerator. Never refrigerate mangos before they are ripe.



Paradise Found

As one of the world's most popular fruits, mangos offer a refreshing taste of the tropics year round and are an excellent source of vitamins A and C. The many varieties of mangos each have their own unique flavor, texture, aroma, and color. Mangos are luscious and easy for breakfast, dessert, or a snack. And, the versatile mango can infuse a variety of dishes with Tropi-Culinary Inspiration.



For nutrition information,
recipes, and tips
visit www.mango.org.

One Easy Way To Cut A Mango

A mango has one long, flat seed in the center of the fruit. Once you learn how to work around the seed, the rest is easy.

Always wash the mango before cutting and use a clean knife and cutting board.

Slice And Scoop Cutting Method

- 1 Stand the mango on your cutting board stem end down and hold. Place your knife about $\frac{1}{4}$ -inch from the widest center line and cut down through the mango. Flip the mango around and repeat this cut on the other side. The resulting ovals of mango flesh are known as the “checks.” What’s left in the middle is mostly the mango seed.
- 2 Cut parallel slices into the mango flesh, being careful not to cut through the skin.
- 3 Scoop the mango slices out of the mango skin using a spoon.



Mangos are available year round in many varieties. These five make up the bulk of mangos available at grocery stores here in the U.S.

Mango Varieties

DESCRIPTION

ATAULFO



Ataulfos are grown in Mexico, Ecuador, and Guatemala and have a vibrant yellow skin. Their smooth, firm flesh is deep yellow and has no fiber. Ataulfos have a slight tartness, which complements their spicy and sweet flavor.

FRANCINE



Also known as Madame Francis, Francines are grown in Haiti. Their color is greenish to bright yellow and without any blush. They have a dark orange flesh with soft, juicy flavors and are somewhat fibrous. Its sweet, spicy flavor makes it ideal for dessert use.

HADEN



Hadens are grown in Mexico, Ecuador, and Peru. Their skin is a combination of green, yellow, and red with an overlay of white dots. Hadens have firm flesh, which is moderate in fiber. Their rich flavor is luscious and peach-like with a bit of tartness.

KEITT



Keitts are grown in Mexico, the United States, and Puerto Rico and retain a green skin color often accented with a slight red blush. Their yellow flesh is very smooth, firm, and juicy. Their flavor is mild and sweet with layers of interesting tropical flavors.

KENT



Kents are grown in Mexico, Ecuador, and Peru. Their skin is yellow with a deep red blush and small yellow dots. They often retain a green skin color when fully ripe. Kents have tender, juicy flesh that is deep orange with a vibrant aroma. Their sweet flavor is exceptionally rich.

TOMMY ATKINS



Tommy Atkins are grown in Mexico, Brazil, Ecuador, Peru, and Guatemala. Their skin is orange-yellow and has green accents and a dark red blush, often covering most of the surface. Their flesh is firm with fair amounts of fine fiber and a mildly sweet flavor.

Crisp Mango Slaw *A great recipe for firmer mangos. Makes 4 cups.*

- 2 large firm mangos, *peeled, pitted, and shredded*
- 1 large carrot, *peeled and shredded*
- 1 small red onion, *thinly sliced*
- 2 tablespoons fresh mint, *chopped*
- 2 tablespoons fresh basil, *chopped*
- 3 tablespoons fresh cilantro, *chopped*
- 1 teaspoon garlic, *minced*
- $\frac{1}{4}$ cup freshly squeezed lime juice
- 2 tablespoons sugar
- 1 teaspoon Serrano chile, *seeded and minced*
- 2 tablespoons Thai fish sauce

In a large bowl, combine the mango, carrot, and onion. Add the mint, basil, and cilantro and toss together. In a small bowl, combine the garlic, lime juice, sugar, chile, and fish sauce. Stir until the sugar is dissolved. Pour the lime mixture into the slaw and toss together, coating all the ingredients well. Cover and refrigerate for at least 1 hour, or up to 24 hours before serving.

Recipe adapted from The Great Mango Book by Allen Susser