

Mango Fun Facts

- Mangos are distantly related to a few plants that you'd probably never guess: the cashew and pistachio.
- Most of the mangos sold in the United States are imported from Mexico, Peru, Ecuador, Brazil, Guatemala and Haiti. Mexico is the largest with over 60% of the imports.
- More fresh mangos are eaten every day than any other fruit in the world.
- India grows more mangos than all other fruits combined and is the largest producer in the world.
- A mango tree can get as tall as 100ft.
- According to Indian folklore, Buddha was given a mango orchard by a faithful follower so that he could rest in its cool shade. Many believe that Buddha meditated under a mango tree!
- Even inedible parts of the mango have interesting uses. The bark, leaves, skin and pit have been used as folk remedies for centuries.
- Mangos are bursting with protective nutrients. The vitamin content depends upon the variety and maturity of the fruit. When the mango is immature the amount of vitamin C is higher, as it ripens the amount of beta carotene (vitamin A) increases.
- The English singular form *mango* comes from the Latin *Mangifera indica* meaning mango-bearing plant from India.
- Mangos can be used in all types of meals and all courses. From breakfast to dinner and appetizers to desserts mangos fit a broad range of flavors. Mango salsa and chutney are very popular uses that can accompany salads, proteins (like chicken, fish, etc.) or just be served as a snack.

