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 ¼ 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.

<table>
<thead>
<tr>
<th>MANGO SHAPE</th>
<th>VARIETY TESTED</th>
<th>SIZE/COUNT</th>
<th>% YIELD</th>
<th>USABLE WEIGHT</th>
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</thead>
<tbody>
<tr>
<td>ROUND</td>
<td>TOMMY ATKINS</td>
<td>8</td>
<td>62.91</td>
<td>11.27 OZ</td>
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<tr>
<td>ROUND</td>
<td>TOMMY ATKINS</td>
<td>12</td>
<td>60.51</td>
<td>6.77 OZ</td>
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<tr>
<td>OVAL/OBLONG</td>
<td>ATAULFO</td>
<td>12</td>
<td>71.29</td>
<td>9.23 OZ</td>
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</tbody>
</table>

1 CUP 3/8”-DICE MANGO = 6.35 OZ

SOURCE: MATTSON FRESH MANGO YIELD STUDY 2008
For More Information

www.mango.org/foodservice