Mangoes are a tropical fruit. They can get chill damaged below 54°.

NEVER STORE MANGOS BELOW 54°

Mangos develop from immature to mature to ripe. A mango that was harvested mature should ripen normally to be soft and sweet. The mangos you receive should be mature, but may not be ripe.

Use the Mango Maturity and Ripeness Guide to interpret your results.

3 WAYS TO JUDGE MANGO MATURITY:

1. Internal flesh color – ranges from white or pale yellow to deep golden yellow
2. Firmness – use a penetrometer with an 8 mm tip
3. Brix or Soluble Solids Content – use a refractometer
MANGOS CAN BE RIPENED IN YOUR BANANA ROOMS:

* Ripening mangos may increase sales
* Mangos can be ripened right along with bananas or with some other items
* The National Mango Board has a Mango Ripening and Handling Protocol with detailed instructions for mango ripening
* They also have an ripening expert on hand to answer questions

Check out postharvest.ucdavis.edu for more resources.

WHAT NOT TO LOOK FOR:

* Red blush has nothing to do with maturity, ripeness or eating quality
* Some varieties will have solid green skin, even when fully ripe
* White spots or lenticels on the skin are normal
* Sap from the stem end might stain the fruit but usually isn’t a problem

Visit mango.org/university for more information

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MANGO VARIETIES, SOURCES AND SEASONS

Class Notes

Did you know there are hundreds, maybe even thousands of mango varieties worldwide? And mangos are one of the most popular fruits in the world!

Here in the United States, six varieties make up most of mango volume sold in grocery stores. Each one has a different flavor and texture, so try them all!

**Ataulfo**
- **FLAVOR** Sweet and creamy
- **TEXTURE** Smooth, soft flesh with no fibers
- **SKIN COLOR** Vibrant yellow
- **RIpening Cues** Skin turns a deep golden yellow, fruit gets very soft and small wrinkles appear on the skin
- **Peak Availability and Sources** March to June from Mexico

**Francis**
- **FLAVOR** Rich, spicy and sweet
- **TEXTURE** Soft, juicy flesh with long fibers
- **SKIN COLOR** Bright yellow with green overtones
- **RIpening Cues** Diminish while yellow areas become more golden, and fruit gets softer
- **Peak Availability and Sources** April to July from Haiti

**Haden**
- **FLAVOR** Rich, with aromatic overtones
- **TEXTURE** Firm flesh with fine fibers
- **SKIN COLOR** Bright red with green and yellow overtones, and small white dots
- **RIpening Cues** Green areas turn yellow and fruit becomes softer
- **Peak Availability and Sources** March to May from Mexico

**Keitt**
- **FLAVOR** Sweet, tangy, slightly citrus
- **TEXTURE** Juicy, firm flesh with minimal fibers
- **SKIN COLOR** Dark to medium green skin with pink blush on the shoulders or no blush at all
- **RIpening Cues** Skin will stay green and yellow undertones may appear, fruit becomes softer
- **Peak Availability and Sources** July to September from Mexico and August to September from the U.S.

**Kent**
- **FLAVOR** Sweet, rich and vibrant
- **TEXTURE** Juicy and tender with minimal fibers
- **SKIN COLOR** Dark to medium green skin with red blush on the shoulders or no blush at all
- **RIpening Cues** Skin will stay green and yellow undertones may appear, fruit becomes softer
- **Peak Availability and Sources** June to August from Mexico, December to January from Ecuador and December to March from Peru

**Tommy Atkins**
- **FLAVOR** Mildly sweet
- **TEXTURE** Firm flesh with lots of fibers
- **SKIN COLOR** Dark red blush may cover most of the mango, with green and orange-yellow accents
- **RIpening Cues** May not provide any visual cues, fruit becomes softer
- **Peak Availability and Sources** March to July from Mexico, March to May from Guatemala, October to November from Brazil, November and December from Ecuador, December and January from Peru

Lots of new varieties and sources are bursting onto the scene as mango demand in the U.S. grows. Check out mango.org for all the latest info about available varieties.