

# Mango



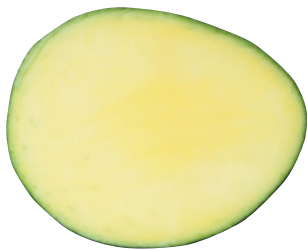
## RIPENESS STAGES

Don't judge the ripeness of a mango by its skin color.  
Internal flesh color is generally the best indicator of maturity and ripeness.  
Hold it in your palm and give it a gentle squeeze.

*Storage Tip*  
Store mangos next to bananas. Never store whole mangos below 50° F

STAGE

**1**

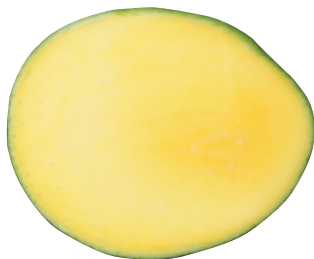


### VERY HARD

Mangos are harvested when mature, but not ripe  
5+ days until mangos reach Stage 4

STAGE

**2**

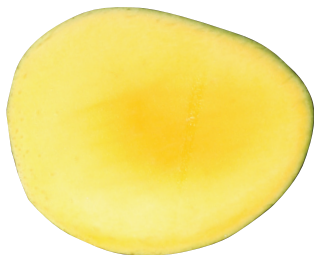


### FIRM

Firm to the touch  
Texture: Crunchy, crisp  
Flavor: Sour  
Uses: Spirals, salads, pickles, chutney

STAGE

**3**



### BREAKING

Slight give to the touch  
Texture: Crisp  
Flavor: Tart to slightly sweet  
Uses: Spirals, salads, poke, fries, pickles, beverages

STAGE

**4**



### RIPE

Yields to gentle pressure  
Texture: Firm but juicy  
Flavor: Sweet, tropical aroma  
Uses: Beverages to desserts, hot and cold applications

STAGE

**5**



### SOFT TO THE TOUCH

Texture: Soft, juicy  
Flavor: Very sweet, tropical aroma  
Uses: Puree for beverages, hot and cold sauces, dressings, marinades