MANGO FUN FACTS & MORE

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• Mangos are the most popular fruit in the world

• Mangos were first grown in India over 5000 years ago

• Mango seeds traveled with humans from Asia to the Middle East, East Africa and South America beginning around 300 or 400 A.D.

• The paisley pattern, developed in India, is based on the shape of a mango

• The mango is a symbol of love in India, and a basket of mangos is considered a gesture of friendship

• Legend says that Buddha meditated under the cool shade of a mango tree

• Mangos are related to cashews and pistachios

• A mango tree can grow as tall as 100 feet

• The bark, leaves, skin and pit of the mango have been used in folk remedies for centuries

MANGO NUTRITION

• A ¾ cup serving of mango is just 70 calories

• A serving of mango provides 50% of your daily vitamin C

• Each serving of mango provides 8% of your daily vitamin A, 7% of your daily fiber, 15% of your daily folate and 15% of your daily copper

MANGO SELECTION AND RIPENING

• Visit mango.org to watch the video and learn how to cut a mango

• Don’t judge a mango by its color – red does not mean ripe

• Squeeze gently to judge ripeness

• A ripe mango will “give” slightly and a firm mango will ripen at room temperature over a few days

• To speed up ripening, place mangos in a paper bag at room temperature

• Once ripe, mangos can be moved to the refrigerator to slow down ripening for several days

EATING MANGOS

• In many Latin American countries, mango on a stick with the skin peeled back, is sold by street vendors

• Mangos can be enjoyed with salt, lime juice or chili powder for a unique flavor experience

• Mangos have natural tenderizing properties, making them a perfect ingredient for marinades

• Try the versatile mango in smoothies, salads, salsas, chutneys, fish, chicken or pork, desserts or just plain as a delicious snack

• For mango-licious recipes, visit mango.org

MANGO VARIETIES, SEASONS AND SOURCES

• Most of the mangos sold in the U.S. come from Mexico, Peru, Ecuador, Brazil, Guatemala and Haiti

• Mangos are available all year long

• Most of the mangos sold in the U.S. are one of six varieties: Tommy Atkins, Haden, Kent, Keitt, Honey and Francis

• For more about mango varieties and seasons, visit mango.org