

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.

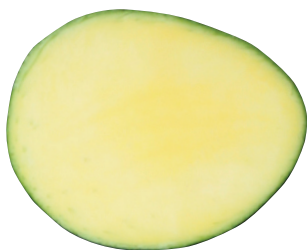
Hold it in your palm and give it a gentle squeeze.

Storage Tip

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

STAGE

1

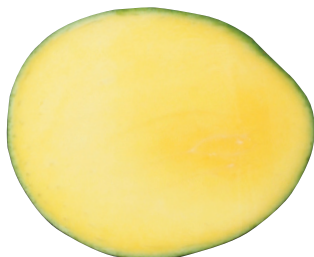


VERY HARD

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

STAGE

2

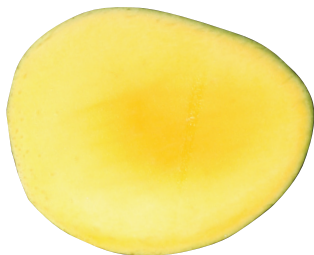


FIRM

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