

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.

Ripe mangos will give slightly when gently squeezed.

Mango
.org

Stage
1



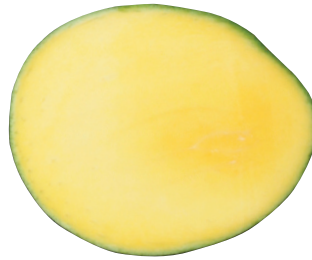
Very Hard

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

Storage Tips

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

Stage
2



Firm

Firm to the touch

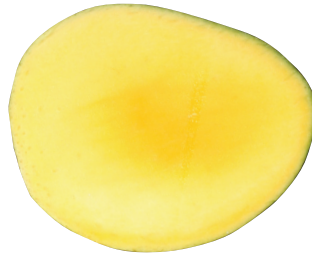
Texture: Crunchy, crisp

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