

Mmmmmangos – Fun Facts & More

MARVELOUS. WONDROUS. MAGICAL MANGOS!

- Mangos are one of the most flavorful, versatile superfruits 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



MANGOS PACK A NUTRITIONAL PUNCH

- 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 101-SELECTING AND RIPENING

- Visit mango.org to watch the video and learn various ways 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

SAVOR THE POSSIBILITIES

- 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



Mango.org