



# HOW TO CHOOSE

## JUDGING MANGO RIPENESS

Six major varieties of mango are available at different times of the year, and each has a slightly different look, so color isn't the best guide to ripeness. Pick it up instead!



### GIVE IT A GENTLE SQUEEZE

A ripe mango will give slightly. A medium-ripe mango will be somewhat firm, and an unripe mango will be very firm to the touch.

### SMIFF THE SWEETNESS

A ripe mango will sometimes have a fruity aroma at its stem. When considering how to choose a fresh mango, this is one of the most enjoyable ways!

### COMPARE TO OTHER STONE FRUITS

Use your experience with produce such as peaches and avocados to help you easily choose a mango, since they also become softer as they ripen.

**IN A HURRY?**  
**TO SPEED UP**  
**RIPENING, PLACE**  
**MANGO IN A**  
**PAPER BAG.**

### MANGO CAN BE ENJOYED AT ALL LEVELS OF RIPENESS!

Mango flavor ranges from sour-tart for unripe mango (great for crunchy salads or pickling) to naturally sweet for ripe mango (soft and creamy).



## HOW TO STORE YOUR RIPE MANGO

Once ripe, store mango in the refrigerator to slow further ripening – it'll keep for up to five days.

Peeled and cubed mango can be refrigerated in an airtight container for a few days or frozen for up to six months.



**For recipes, inspiration,  
and more information,  
visit [Mango.org](https://mango.org).**

