



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).**

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