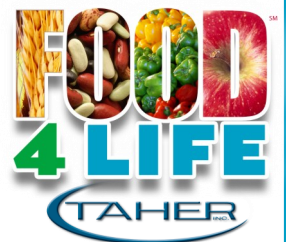




# MANGO

## History/Origin

- ★ Mangoes are native to **southern Asia**, especially **Burma** and eastern **India**.
- ★ They have been cultivated for over **4000 years**.
- ★ Besides India, mangoes are widely grown in China, Pakistan, Bangladesh, Philippines, Haiti, Mexico and Brazil.
- ★ Mangoes were introduced to California (Santa Barbara) in 1880.
- ★ In India alone, there are over **500 varieties** of mangoes.




# MANGO



Botanical

*the peach of the tropics*

- ☆ Mangoes are related to **pistachios** and **cashews**.
- ☆ Depending on the variety, mangoes are **round, oval or kidney-shaped**. 
- ☆ The thin, smooth skin is **green at first** and then turns a greenish yellow to bright yellow. It can be **tinted** with red, purple, pink or orange-yellow.
- ☆ Its golden-orange flesh clings to a large, flat **seed**.
- ☆ It is often **mild-flavored like the peach**, which has earned it the nickname "the peach of the tropics."



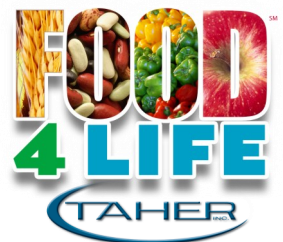


**Super Fruit  
Tropical Delight**

# MANGO

Nutrition

- ★ Mangoes are an **incredibly healthy snack**. You can eat the entire fruit for just over a hundred calories.
- ★ They are **high in fiber, virtually fat-free** and they contain **numerous vitamins**.
- ★ Mangoes also contain **beta-carotene**, which may:
  - ♥ reduce the risk of certain forms of cancer,
  - ♥ help slow the aging process,
  - ♥ improve lung function, and
  - ♥ reduce complications associated with diabetes.



# MANGO



- ★ Mangoes are the **most popular fruit** in the World. More fresh mangos are eaten every day than any other fruit.
- ★ The **paisley pattern**, developed in India, is based on the shape of a mango.
- ★ The mango is a **symbol of love in India**; a basket of mangoes is considered a gesture of friendship.
- ★ In many Latin countries, **mango on a stick** with the skin peeled back is sold by street vendors.

# Mangos from the Big Island of Hawaii



Carrie



Fairchild



Gouveia



Haden



Harders



Brooks Late



Manzanillo



Pope



White Pirie



Zillate



Sugai



Kurashige



Golden Globe



Keitt



Irwin



Paris



Turpentine



Nam Doc Mai



Kent



R2 E2



Kensington



Momi K



Mapulehu



Ah Ping



Common



Jeannette



Julie



Excel



Sensation



Rapoza

