

January – Featured Fruit: MANGO



WASH. PIT EAT.



(how easy is that?)



Hello! I'm Mia Mango¹, and I'm thrilled to have the opportunity to tell you all about mangoes!

I'm an exotic fruit because I come from tropical parts of the world and am uniquely beautiful. Did you know I'm the most popular fruit in the world! All my friends tell me how they love my "fruity aroma" fragrance and flavor. My flavor has been described as tasting like oranges, peaches and pineapples - all in one. What a wild combination!

Speaking of wild, I absolutely love Latin dancing, it's GREAT fun! My favorite dance is called the "Mango Tango." There are so many exciting and interesting things to tell you all about mangoes!

Facts

Mangoes are a tropical fruit that have been grown in India for more than 4000 years.

Mango trees are considered sacred in India. Mangoes can weigh between 6 ounces and 4 pounds!

Each mango contains one large seed.

More mangoes are eaten fresh around the world than any other fruit.

History

Mangoes are native to southeastern Asia, where they have been grown for more than 4,000 years.

Because the mango seed can't be dispersed naturally by wind or water due to its large size and weight, it is believed that people who moved from one region to another transported the fruit to new areas.

Mango cultivation has now spread to many parts of the tropical and sub-tropical world, where they grow best.

Mangoes were carried to Africa during the 16th century and later found their way aboard Portuguese ships to Brazil in the 1700s. Later, in 1742, mangoes were found growing in the West Indies.

In 1860, mangoes were successfully introduced to Florida along the east coast, where only a few varieties were grown. In 1889, the United States Department of Agriculture introduced a grafted variety from India called the "Mulgoa," also known as "Mulgoba" in the United States.

Source: ¹Dole 5 A Day. www.dole5aday.com

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Where Grown

Asia still accounts for more than three-quarters of the world's mangoes, with India remaining the main producer.

Indonesia, Philippines and Thailand are the other main countries in the world where mangoes are grown.

Most of the mangoes sold in the United States are grown in Florida or imported from Mexico, Haiti, the Caribbean and South America.

Types

Haden: Averages a little less than a pound, and is quite round for a mango, with only a slightly oval shape. Its skin turns from green to yellow-orange when ripe. The flesh is yellow in color, firm, juicy, and is abundant in fiber. The flavor is rich and sweet with a weak pleasant aroma. This variety is on the market from late May through June.

In 1902 Captain John J. Haden of Coconut Grove, Florida, planted twelve mulgoba seeds. Eight years later, they produced fruit for the first time. In 1910, the mulgoba seedling was selected for its outstanding color, excellent flavor, good size and smooth fiber free pulp. This excellent mango variety was named "Haden," and continues to set high standards for mangoes.

Tommy Atkins: This most common variety averages one pound in weight, is medium-large and neatly oval, with a rounded apex. The skin is quite thick, orangy or rosy yellow, speckled or blushed. The flesh is yellow, mild, and sweet with a strong pleasant aroma and contains an average amount of fiber. Tommy Atkins is on the market from late May to July.

Tommy Atkins is a seedling of the Haden variety, and was planted around 1922 in Broward County, Florida. It first fruited in the early 1940s, and the trees were first sold in 1948. Today, Tommy Atkins is the leading mango variety grown in Florida.

Kent: This variety is large, plump, and irregularly oval, with an average weight of 1 1/4 pounds. When ripe, the skin is orange-yellow and blushed slightly with deep red. The flesh is yellow-gold in color, juicy, and fiberless. The sweet, richly tropical flavor has a lovely acid-lime finish, with piny overtones. The Kent can be found on the market from late June into August.

Keitt: The Keitt is the heftiest, plumpest, largest mango variety available, averaging 1 3/4 but reaching 3 pounds. It remains green when ripe, with only a very faint yellow or rose blush. The yellow-gold flesh is juicy, fiberless except close to the seed.

Nutrients

- High in vitamin A (beta-carotene) and vitamin C

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