

— MANGOES —

What are they?

- Mango is the fruit of a large evergreen that grows primarily in tropical and subtropical regions.
- Mangoes are generally sweet, although the taste and texture of the flesh varies across cultivars; some have a soft, pulpy texture similar to an overripe plum, while others are firmer, like a cantaloupe or avocado, and some may have a fibrous texture. Their flavor is sometimes described as a cross between a peach and a pineapple.
- Mango fruit can come in various shapes, size and colors including yellow, orange, red and green.
- While mangoes are one of the most popular fruits worldwide, they're still considered exotic by many Americans.



When are they available?

- Harvested almost all year round. Although, most of the world's mangos come from India.

What's so cool about them?

- The flowers of a mango tree are small and white with five petals, and the fruit takes between three and six months to ripen.
- A mango tree can grow as tall as 100 feet.
- Mango trees are members of the same botanical family as pistachios and cashews.
- Mangoes were first grown in India over 5,000 years ago.
- A basket of mangoes is considered a gesture of friendship in India.



Why should I eat them?

- A one-cup serving of mangoes is 100 calories
- Mangoes provide 100% of your daily vitamin C, 35% of your daily vitamin A and 12% of your daily fiber!

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