

Mango

Mangos were first grown in India over 5000 years ago, and are considered a sacred fruit in that country. Mangos relied on humans to spread them throughout Asia and then to the rest of the world. Persian traders carried mangos across western Asia and planted seeds in east Africa in the 10th century. Portuguese explorers introduced mangos to Brazil in the 16th century and from Brazil mangos spread throughout the Americas. They were first planted in Barbados in 1742 and by the early 19th century were being grown in Mexico. Today, most mangos found in grocery stores were grown in Mexico, Peru, Ecuador, Brazil, Guatemala and Haiti, and some are grown in Florida. Although India is the worlds largest mango producer, the people of India consume almost all that they grow!



Fun Facts

- More fresh mangos are eaten every day than any other fruit in the world!
- Legend says that Buddha meditated under the cool shade of a mango tree
- Mangos are called the “king of fruits’ because their flavor is a delicious mix of orange, pineapple and peach
- Is it “mangos” or “mangoes”?? According to Merriam Webster, either are acceptable!

- A one-cup serving of mango is just 100 calories
- Mangos provide 100% of your daily vitamin C, 35% of vitamin A, and 12% of daily fiber needs
- Mangos can be eaten as a delicious snack or made into salsa or chutneys to accompany salads, chicken, or fish dishes
- In many Latin American countries, mangos on a stick with the skin peeled back are sold by street vendors!
- Visit mango.org to watch a video and learn how to cut a mango

