



Mango

- Mangos belong to the stone fruit family. Believe it or not, inside the pit 1-2 mm thick is a thin lining covering a single seed!
- Mango skin can be yellow, orange, red or green. The inner fruit is usually yellow.
- Mangos are the national fruit of India.
- They are very juicy and taste sweet.
- Mangos are usually eaten on their own, but can be used in fruit salads, salsa or smoothies.
- Mangos grow on trees that can reach 100 feet high. The average mango tree will live for 100-200 years!!
- Mangos are picked by hand with a special tool to keep them from falling to the ground. It takes between 4 -5 months for mangos to fully ripen. You can tell when a mango is ripe because it smells good!



Mango Tree



Mango Picking Tool



The seed inside a mango pit

Try This! - Mango Salsa

- 3 Mangos (diced) - $\frac{1}{2}$ Red Onion (diced) - $\frac{1}{4}$ cup Cilantro (chopped) -2 Tomatoes (diced)
-Juice of 1 Lemon - $\frac{1}{2}$ to 1 whole Jalapeno (Chopped)

Mix together. Serve over chicken or fish or eat with tortilla chips. Yum!

Optional: add more or less jalapeno depending on how spicy you like your salsa ☺