



MANGO

A mango is considered an exotic fruit because it comes from tropical parts of the world. It is native to southeastern Asia where the mango has been grown for more than 4,000 years. Mangoes are now grown in many parts of the tropical and sub-tropical world, including Africa, Mexico, the Caribbean, and Florida.

Mangoes have a very fruity aroma and are said to taste like oranges, peaches and pineapples all in one. Inside each mango is one large seed. There are over 1,000 different kinds of mangoes throughout the world. Mangoes come in different shapes, sizes and coloring depending upon the ripeness. The colors range from yellow to green to orange or red. They can weigh as little as a few ounces up to a few pounds.

Mangoes are usually available from late May to July. They are high in vitamin A and vitamin C.

Because of the large seed mangoes can be hard to cut so here is how to cut a mango:

- With a sharp knife, position your knife to one side of the seed and cut straight down.
 - Turn the mango and cut down the other side of the seed.
- Make long cuts down the length of the mango WITHOUT slicing through the skin.
 - Repeat cutting going crosswise to form cubes.
- Gently press the back of the mango to invert the fruit and gently pry or slice the cubes away from the skin.