

MANGO



Mangoes are native to the North-West region of India and North of Burma. They were cultivated for the first time around five thousand years ago. Fortunately, the cultivation of mangoes spread to all tropical and subtropical regions of the world, being Mexico the main exporting country at present.

Mangoes are regarded as the king of the tropical fruit because of their exquisite and peculiar flavour. A mango tree can grow up to 100 ft (30 m), and it features a straight, cylinder-like trunk of grey bark and 2-3 ft (75-100 cm) of diameter. The fruit is oval, elongated and kidney or heart-shaped. When ripe, the skin turns into colours ranging from green, yellow or orange to even intense red. The flesh is yellow/orange-coloured, sweet, juicy and deliciously tasty. The flavour and texture are actually very different from the rest of the fruit, for what is considered the ultimate tropical fruit!