

The Mango

Mangifera indica

Family: Anacardiaceae

- The Mango is native to Southern Asia, particularly the Burma and India areas. It has spread to the Southern coastal United States, Brazil, parts of Africa, and throughout tropical Asia. In the 1880's it was originally introduced to California from Mexico.
- The Mango is the National fruit of India where it is known as 'The King of Fruits'.



Mango's are among the plants most evocative of Southern Asia. Fruits, leaves and trees are associated with fortune, plenty, and fertility, and form an integral part of many religious ceremonies and traditional functions.

Related Species

- It has several closely related species such as Bindjai (*Mangifera caesia*), Horse Mango (*M. foetida*), Kuweni mango (*M. odorata*).
- It also has distant relatives like the pistachio and cashew.



Two Major Classes

- The Mango exists in two major races, one from India and the other from Southeast Asia.
- The Indian Race is intolerant of humidity, has flushes of bright new growth that are subject to mildew and bears monoembryonic fruit of high color.
- The Philippine(southeast Asia) race tolerates excess moisture, has pale red or green growth and resists mildew. It's fruit is polyembryonic, kidney shaped and is better suited for the humid coastal climates in Southern United States.



The Tree

- The tree can grow up to 65 feet tall and live to 300 years while still fruiting. It has foliage with dark green leaves on the top and light green on the bottom. The leaves can grow up to 12 inches long and 2 inches wide.
- The flowers are yellowish or reddish which have dense panicles of up to 2000 minute flowers. Very few flowers produce pollen and those do not produce fruit. The flowers produce a volatile substance which can cause allergic and respiratory problems for some people.

The Tree



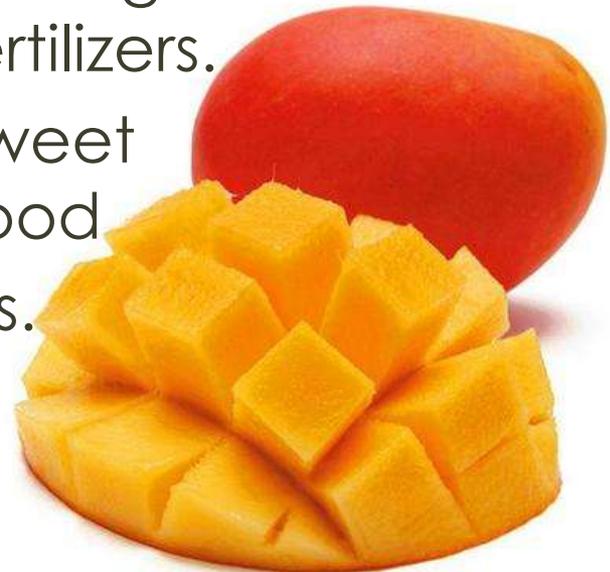
The Fruit

- The Fruit grows at the end of a long string-like stem, often with 2 or more fruits per stem.
- It grows up to 9 inches long, can weigh up to 24 ounces, is usually kidney or ovate shaped and occasionally round.
- The skin is leathery, waxy, and smooth; and when ripe is entirely pale green or yellow with red spots.



The Fruit

- The flesh of a mango is peach-like and has numerous fibers radiating from a single seed. The fibers are much more prominent when the fruits are grown with hard water or chemical fertilizers.
- The flavor of a mango is sweet and rich because it is a good source of sugars and acids.



Optimal Climate and Growing Conditions

- Mango's require a frost-free climate where temperatures dropping below 40 °F will kill flowers and small fruits. Smaller trees will be seriously damaged if the temperature drops below 30 °F.
- Mango tree's will grow in almost any well-drained soil besides heavy wet soil. Deep soil is needed to accommodate their extensive root system as well as a pH of 5.5-7.5 is ideal for growth.



Maintenance and Harvesting

- Planting must be done manually as the seeds are too big to be carried by wind and water.
- These trees require regular nitrogen fertilizer to promote healthy growth flushes and flower production.
- Healthy trees require little pruning, but pruning is a great way to promote uniform annual fruit bearing.
- The fruit of a tree matures in 100-150 days after flowering and will have the best flavor if allowed to ripen on the tree

Harvesting The Mango



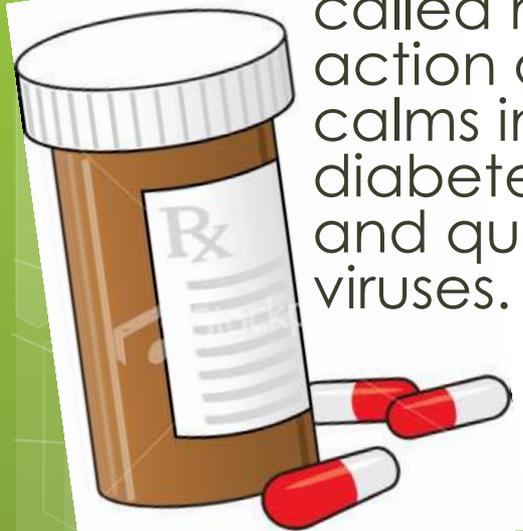
Mango's Nutritional Facts

- They are a good source of vitamin A and C, as well as dietary fibers.

Nutrition Facts			
Serving Size 1 cup, sliced (165g)			
Servings Per Container			
Amount Per Serving			
Calories 110	Calories from Fat 5		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 28g			9%
Dietary Fiber 3g			12%
Sugars 24g			
Protein 1g			
Vitamin A 25%	•	Vitamin C 80%	
Calcium 2%	•	Iron 2%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
		<small>Calories</small>	<small>2,000</small> <small>2,500</small>
<small>Total Fat</small>	<small>Less Than</small>	<small>65g</small>	<small>80g</small>
<small>Saturated Fat</small>	<small>Less Than</small>	<small>30g</small>	<small>35g</small>
<small>Cholesterol</small>	<small>Less Than</small>	<small>300mg</small>	<small>300 mg</small>
<small>Sodium</small>	<small>Less Than</small>	<small>2,400mg</small>	<small>2,400mg</small>
<small>Total Carbohydrate</small>		<small>300g</small>	<small>375g</small>
<small>Dietary Fiber</small>		<small>25g</small>	<small>50g</small>
<small>Calories per gram:</small>			
		<small>Fat 9</small>	<small>• Carbohydrate 4</small> <small>• Protein 4</small>

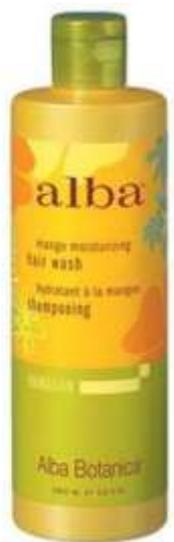
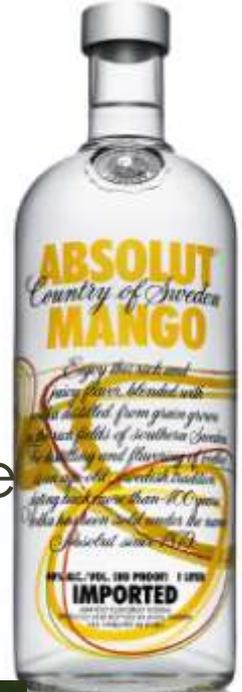
Medicinal Uses

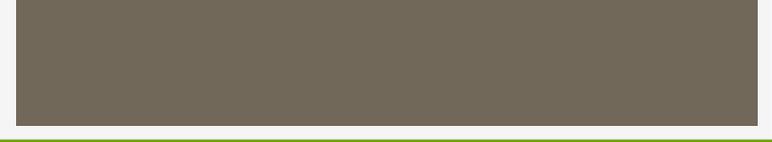
- Traditionally Mango's were used to strengthen the nervous and blood systems. It was also used to rid the body of toxins and treat inflammation of the urinary tract.
- In Western medicine the Mango was shown to prevent colon cancer because it is a strong antioxidant. It also contains a compound called mangiferin, which promotes positive action of the heart and excretion of urine, calms inflammation, and positively affects diabetes. The fruit also contains gallic acid and quercetine which give protection against viruses.



Commercial Uses

- The Mango and Mango tree have many commercial uses. The wood from the tree can be used to make charcoal, and the sap can be used to make gum. It is also used for a variety of scented and flavored products.





Enjoy!

- <http://www.youtube.com/watch?v=kp4YpEShSKY>