

South Florida Tropicals: Mango¹

Amy Simonne, Linda B. Bobroff, Anne Cooper, Sandra Poirier, Mildred Murphy, Mary Jo Oswald, and Chris Procise²



Background

Mangos (*Mangifera indica* L.) have been cultivated in India for over 4,000 years. Gradually, mangos were distributed throughout the tropics of Africa, Asia, and the Americas. Mangos were successfully introduced to Miami, Florida in 1863. The first mango variety commercially grown in Florida was the “Haden” mango.

Today, major mango producers include India, Mexico, and Brazil. Other important producers include Australia, Israel, and the United States. Florida is the major producer of mangos in this country.

The two major commercial varieties grown in Florida are “Tommy Atkins” and “Keitt.” Other important varieties include “Palmer,” “Van Dyke,” and “Kent.”

Availability

Florida mangos are available from late May to October depending upon the variety and season. The peak season is generally from mid-June to mid-August.

Selection

Choose mangos that are mature, firm, and free of many blemishes. Avoid soft or shriveled fruit which may indicate bruising or immaturity. The best temperature for ripening mangos is between 70°F and 75°F. Fruits generally take from 3 to 8 days to ripen. To speed ripening, place mangos in an enclosed bowl or paper bag.

1. This document is Fact Sheet FCS 8532, one of a series of the Department of Family, Youth and Community Sciences, UF/IFAS Extension. Publication date July 2004. First published as SS-HEC-22, May 1993. Revised August 2007. Reviewed November 2010 and November 2013. Please visit the EDIS website at <http://edis.ifas.ufl.edu>.
2. Written by Anne Cooper, former Family and Consumer Sciences Extension agent in Dade County; Sandra Poirier, former Family and Consumer Sciences Extension agent in Broward County; Mildred Murphy, former county nutritionist in Lee County and Mary Jo Oswald, former Family and Consumer Sciences Extension agent in Palm Beach County; revised by Dr. Amy Simonne, professor, Food Safety and Quality and Dr. Linda B. Bobroff, professor, Foods and Nutrition; and reviewed by Jennifer Hillan, former nutrition educator, Department of Family, Youth and Community Sciences, UF/IFAS Extension, Gainesville FL 32611. Project advisors were: Dr. Doris A. Tichenor, former director, Department of Family, Youth and Community Sciences; Dr. Linda Bobroff, professor, Foods and Nutrition, Department of Family, Youth and Community Sciences; Dr. Mark Tamplin, former associate professor, Food Safety, Department of Family, Youth and Community Sciences; and Dr. Jonathan Crane, assistant professor, IFAS Tropical Research and Education Center. Anne Cooper was project coordinator and Chris Procise, Family and Consumer Sciences Extension agent in Martin County, provided the graphics and original layout.

Storage

Unripe mangos should not be stored at temperatures below 55°F, since these colder temperatures will cause chilling injury (uneven flesh ripening and off-flavors). Refrigerate only ripe (soft) mangos.

Ripe mangos may be refrigerated whole and unpeeled for 4 to 5 days. Peeled, sliced, and covered fruit can be stored for 3 or 4 days in the refrigerator.

Uses

No other fruit compares to the flavor of a ripe mango. The mango is very versatile, and can be used at any stage of maturity. Each variety is slightly different in flavor and other characteristics from the others. Green or immature fruit is excellent for cooking as a sauce. Ripe mangos can be enjoyed raw as a fresh fruit dessert, in salad, etc.

Nutritive Value

Mangos are very nutritious. They are an excellent source of pro vitamin A, are a good source of vitamin C (ascorbic acid), and they are low in fat. The vitamin content depends upon the variety and maturity of the fruit. 100 grams (approximately 1/2 cup) contains:

- 65 calories
- 0.5 gram protein
- 0.3 gram fat
- 17 grams carbohydrate
- 28 mg. vitamin C
- 4,000 IU vitamin A precursors

Source: USDA NDB Number: 09176

Food Safety During Preparation

Following these steps will help reduce your risk of food-borne illness.

- Wash your hands with hot soapy water before and after:
 - handling fresh produce
 - handling raw meat, poultry, or seafood
 - using the bathroom
 - changing diapers
 - handling pets
- Wash fresh mangos with cool tap water just before preparing or eating. **Don't use soap or detergents.**
- Wash cutting boards, dishes, utensils, and counter tops often. Use hot soapy water and rinse well. **Sanitize** them after contact with fresh produce, or raw meat, poultry, or seafood.

Table 1.

To Sanitize
• Mix one teaspoon of unscented chlorine bleach in one quart of water.
• Pour the mixture onto the surface and let sit at least one minute.
• Rinse well with hot running water.

- Don't cross contaminate. Use clean cutting boards and utensils for fresh produce. If you can, use a separate cutting board for raw meat, poultry, and seafood.
- Do not consume ice that has come in contact with fresh produce or other raw products.
- Use a cooler with ice or gel packs when taking perishable food outdoors. This includes cut, fresh fruits and vegetables.

Preservation

Freezing

Very ripe, juicy mangos may be frozen in plastic bags or containers without sugar or syrup. Less ripe mangos should be frozen with sugar or sugar syrup.

Slice mango into bite-size pieces. Pack into moisture-vapor-proof containers. If using syrup, add a medium syrup (1 cup sugar to 1 cup water), leaving a 1/2-inch headspace. Seal, then freeze at 0°F.

Drying

Use ripened fruit. Wash, seed, and peel. Cut into 1/2-inch slices of uniform size. Spread the slices in a single layer on drying racks in a dehydrator. Mangos are dry when they feel firm, but are still leathery and show no pockets of moisture.

Store dried mangos in airtight containers in the refrigerator, or freezer (for longer storage).

Yield

One medium mango (4" by 3 1/2") yields approximately 2 cups of prepared fruit.

Using Mangos

Tropicals may vary in natural pectin, acid and sugar content from one season to another due to the variations of the climate.

Substitutions: Green mango slices may be substituted for any recipe calling for tart apples. Likewise, medium ripe mangos may be used in recipes calling for peaches.

Mango Sorbet

2¼ cups chopped ripe mango
½ cup unsweetened orange juice
2 tablespoons honey
Lime rind curls (optional)
Grated lime rind (optional)

Remove peel and pit from mangos. Dice and measure 2 cups of mango, and place in an electric blender. Add orange juice and honey. Process until smooth. Pour the mixture into an 8-inch square pan. Cover and freeze until firm. To serve, spoon into individual dessert dishes. Garnish with lime curls and lime rind, if desired. Yield: 5 servings (approximately 85 calories per cup serving).

Florida Fruit Cup

1 cup pineapple chunks
1 cup mango slices
1 banana, sliced
1 cup orange juice
grated coconut and guava jelly for garnish

Prepare fruit, mix with orange juice, and chill. When ready to serve, sprinkle with coconut, and garnish with guava jelly. Makes six ½ cup servings.

Green Mango Sauce

6 cups green mangos, peeled and sliced
1 cup water
up to 1½ cups sugar

Steam or cook green mangos in water until they are tender. The green mango is very acidic and gives the best product. Many varieties cook quickly to a mush. Add sugar according to acidity and family preferences, and cook 5 minutes longer. Substitute for applesauce as a dessert, in breads or cakes, sherbets, etc.

To freeze: Pack sauce in freezer containers leaving 1/2 inch headspace and freeze at 0°F.

Green Mango Banana Bread

4 eggs, slightly beaten
2 cups sugar
1 cup green mango sauce
1 cup diced banana
3½ cups all purpose flour
1 teaspoon baking soda
2 teaspoons baking powder
1 teaspoon salt

1 teaspoon cinnamon
1 cup nuts, raisins, or currants (optional)

Mix eggs, green mango sauce and bananas together in a large bowl on low speed of electric mixer.

In a separate bowl, combine dry ingredients and blend into first mixture. Pour into 4 medium loaf pans that have been greased and floured. Bake at 350°F. for 1 hour.

Chicken Salad with Mango

2 cups chopped, cooked chicken
2 cups chopped, ripe mango
1 large tomato, chopped
1 medium-size green pepper, chopped
2 green onions, chopped
½ cup low-fat plain yogurt
1 tablespoon vinegar
1 tablespoon lemon juice
1 teaspoon sugar
lettuce or spinach leaves

Combine chicken, mango, tomato, green pepper, and onion in a large bowl.

Blend vinegar, lemon juice and sugar into the yogurt. Fold into fruit/chicken mixture. Chill 2 hours. Yields approximately 4 servings.