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Your child learned about...



the fruit (Vitamin A rich) called a mango

today with a guest speaker from the Seneca County Cornell Cooperative Extension and 4-H Youth Development Program.

Your child participated in the following learning task which they will enjoy telling you about:

How to Eat a Mango with the Help of an Adult

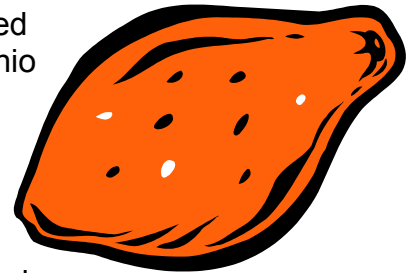
1. Wash your hand with warm, soapy, running water before preparing food.
2. With the help of an adult wash the mango with water to start with a clean fruit that can be cut with a knife to eat.
3. Have an adult cut your mango with a knife so you can eat the delicious fruit inside. (Instructions to cut a mango are included in this handout.)
4. Enjoy !!!



Did You Know ?.....

The delicious and juicy mango has long been one of the world's most popular fruits. The fruit's flavor is often described as an exotic mix of pineapple and peach. Mangoes are available from April to September, but June and July usually offer the best pick and prices.

Thought to be native to India, mangoes have been cultivated for more than 4,000 years. The tree is related to the pistachio and cashew and grows to an average of 50 feet in height. Each tree produces about 100 mangoes. If you haven't tried a fresh mango, you're in for a treat!



When buying a mango, make sure it has a tropical fruity aroma; unripe mangoes have no scent. A fresh mango will give slightly to the touch, but stay away from very soft or bruised fruit. Some mangoes ripen to a combination of raspberry, orange and green shades, while other varieties are golden yellow or green when ripe. If your mangoes aren't quite ripe, storing them in a paper bag for a few days will help them along. The size can vary, but larger mangoes will have more fruit in relation to the pit.

Mangoes are a rich source of Vitamin A, and have good amounts of Vitamins B and C. Mangoes are also high in fiber, and contain a small amount of carbohydrates, which the body converts to energy.

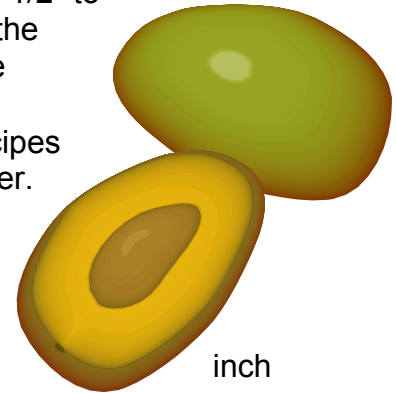
America's leading scientific authority - the National Academy of Sciences - recommends a minimum of 5 servings a day of fruit and vegetables to maintain good health. **Just half a mango counts as one serving.** Parents wanting to ensure their children's well-being obviously make a wise choice in starting with a mango.

Mangoes are most commonly enjoyed fresh - and because of the fruit's seasonal nature, many people don't get to enjoy mangoes all year round. But there is a way: Freeze 'em. Yes, mangoes can be frozen. Just slice or dice the mango flesh, add sugar or honey and lemon juice to prevent darkening, and pop it in the freezer. It'll keep for six months - and your mango-eating pleasure goes on for that much longer. Serve them when they're still partially frozen, so that they retain their shape.

Mango preparation

Cut fresh mangoes lengthwise, along the pit. Once you learn to locate the mango pit, the rest is easy. The long, 1/2- to 3/4-inch-thick pit runs the length of the fruit between the two plump cheeks.

- Cup the mango in your palm, then peel the skin from the flesh with a small, sharp knife.
- After determining the location of the pit and allowing for its 1/2- to 3/4-inch thickness, cut through the mango lengthwise down the side of pit until its fleshy cheek is cut off. Do the same for the other side.
- Cut the remaining fruit from the pit in thin slices; use in recipes that call for diced fruit, in sauces, or serve raw as an appetizer.



How to cube a fresh mango

- Without peeling, cut the fruit from the cheeks, as described above, score flesh into squares about 1/2- to 3/4- inch in size, cutting to, but not through, skin.
 - Gently push the mango cheek inside out, pushing fruit cubes up and apart.
 - Cut chunks from the skin to serve.
- (The skin can cause irritation, so it should not be eaten.)

How to store mangoes

Keep unripe mangoes at room temperature to ripen, which may take up to 1 week. A paper bag might help them ripen sooner, but they will not ripen at temperatures below 55 degrees F. Ripe mangoes can be kept in the refrigerator for up to 2 weeks, or they can be frozen, dried, cooked in syrup or puréed.

Mango Tango Smoothie

1/2 cup mango -- peeled and diced

1/2 cup plain nonfat yogurt

crushed ice

Place mango, yogurt and ice in a blender or food processor and whirl away. Pour into glass. You may want to add a little milk if the drink is too thick. A little lemonade or orange juice may also be added for more depth of taste. Adding fresh fruit like bananas, pineapple, or kiwi will give your smoothie your own tropical twist.

