



MANGOS

Mangoes belong to the sumach family (Anacardiaceae) and were first cultivated in India some 4000 years ago.

The many different varieties mean that they vary greatly in shape, color, size and weight. A mango may be oval, roundish, elongated or kidney-shaped. They are rich in prebiotic fibre and have the highest vitamin A content of any fruit.

Seasonal Availability

Location	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Brazil	Light	Light						Light	Heavy	Heavy	Light	Light
China							Light		Light			
Colombia							Light	Light	Light			
Costa Rica		Light	Light	Light								Light
Ecuador	Heavy	Light							Light	Light	Heavy	Heavy
Guatemala			Light	Heavy	Light	Light						
Haiti	Light		Light	Light	Light	Light	Light	Light				
India	Light								Light			Light
Mexico		Light	Peak	Peak	Peak	Peak	Peak	Peak	Heavy	Light		
Nicaragua		Light	Light	Light	Light	Light						
Peru	Heavy	Heavy	Heavy	Light								Light
Philippines	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Thailand	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light

Heavy Peak Light