

IT'S MANGO SEASON IN SOUTH FLORIDA

Mangos are a delicious fruit grown right here in South Florida. No other fruit compares to the tropical flavor of a ripe, sweet, and juicy mango.

Fruits are abundant in nutrients such as Vitamin C, potassium, fiber, and folate. MyPlate recommends making ½ your plate fruits and vegetable. Eating large amounts of plant-based foods has been associated with lowered rates of cardiovascular disease and with decreased risk of cancer and stroke.

Tropical fruits may vary in natural pectin, acid and sugar content from one season to another due to the variations of the climate. Florida is the major producer of mangos in this country. Florida mangos are available from late May to October depending upon the variety and season. Many people can't wait for mango season to arrive! Choose mangos that are fully colored, firm and free of many blemishes. Avoid soft or shriveled fruit which may indicate bruising or immature fruit. Avoid mangos that have bird, insect and/or animal bites. Ripe mangos may be refrigerated whole and unpeeled for 4 to 5 days, while peeled, sliced and covered fruit can be stored for 3 or 4 days under refrigeration.

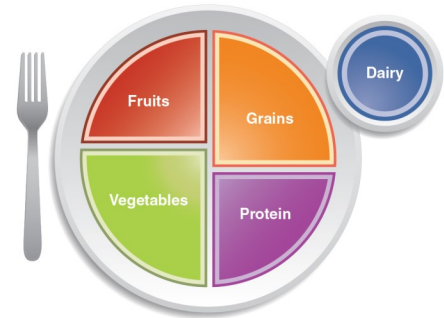
Many people have an abundance of mangos and generously share them with friends, relatives, neighbors and colleagues.



A freshly picked mango from a tree in Miramar, FL. (photo credit: Brenda Marty-Jimenez-July 2018)

Eat your fruits and vegetables

Eating a wide variety of fruits and vegetables every single day is healthy for you and your family. They contain vitamins and minerals that can help protect your health. Most are lower in calories and higher in fiber than other foods. As part of a well-balanced diet, eat fruits and vegetables instead of high-fat and high-sugar containing foods. This may make it easier to control your weight too.



ChooseMyPlate.gov

Serve up some mango today!

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<http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/SolutionsForYourLife.com>

If you are looking for an idea on how to serve mango, try this recipe:

SOUTH FLORIDA TROPICAL FRUIT: MANGO

CHICKEN SALAD WITH MANGO

Serves: 4

Ingredients:

- 2 cups chopped, cooked chicken
- 2 cups chopped, ripe mango
- 1 large tomato, chopped
- 1 medium green pepper
- 2 green onions, chopped
- ½ cup yogurt
- 1 Tbsp. vinegar
- 1 Tbsp. lemon juice
- 1 tsp. sugar
- Lettuce or spinach leaves



Directions:

1. Combine chicken, mango, tomato, green pepper, and onion in a large bowl.
2. Blend vinegar, lemon juice and sugar into yogurt.
3. Fold into fruit/chicken mixture.
4. Chill for two hours.
5. Spoon into lettuce or spinach leaves.

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References:

UF/IFAS South Florida Tropicals, Developed by South Florida Extension Home Economists; publication date NA.

FSHN 07-08, Food Science and Human Nutrition Department, UF/IFAS Extension. September 2007. Reviewed February 2017.

Enjoy a colorful variety of fruits and vegetables. Choose fresh, frozen, canned and/or dried.

- ◆ Breakfast-Add fruit to your cereal
- ◆ Snack-Grab a piece of fruit like an apple, orange or mango
- ◆ Lunch-Eat a healthy salad filled with a variety of vegetables
- ◆ Snack-Try some carrot sticks or other vegetable
- ◆ Dinner-Eat two vegetables and eat a fruit salad for dessert



For more information:

UF/IFAS Extension Broward County <http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/>

UF/IFAS Extension SolutionsForYourLife.com

UF/IFAS Extension Broward County Blog articles <http://blogs.ifas.ufl.edu/browardco/>

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