

## MANGO

Hawaiian Name: *Manakō*

Common Name: Mango

Scientific Name: *Mangifera indica*

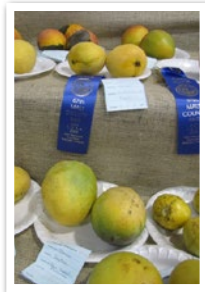
Origin: East India, Philippines

Plant Part Eaten: Fruit



### Locally Grown...

- Mango grown in Hawai'i can be 3-4 times sweeter than mango grown in other places.
- Mango first came to Hawai'i from Manila, Philippines in 1824. In 1825, a few plants were brought from Chile. In 1899, varieties from India were introduced to the islands.
- There are over 50 Hawaiian mango varieties, with names like Hayden, Ice Cream, Gouveia, Stevens, and Kurashige.
- The Hayden variety is a favorite in Hawai'i and was introduced from Florida in 1930.
- Mango trees do best in warm, dry climates below 1,000 feet.



Forrest & Kim Starr

### Where else it's grown in the world...

Mangoes are grown in southern Asia, the Philippines, California, Florida, Africa, Australia, and Central and South America.

### Nutrition Info...

- Contains as much Vitamin C as an orange, helping to fight infection and build strong cells.
- Excellent source of Vitamin A, which helps preserve good vision and skin health.
- Rich source of potassium, which is important to control heart rate and blood pressure.

### Meet a Farmer...

**Farm:** Mākaha Mangoes

**Farmer:** Mark Suiso

**Location:** Mākaha, O'ahu

**Website:** makahamangoes.com



Makaha Mangoes

Mark Suiso's father started planting trees many years ago in Mākaha. Today the farm grows many different varieties - some Suiso planted or grafted, others are left from his father, who realized mangoes were the golden crop of the future. Today, Suiso works with other farmers in the area to pool their harvest to supply local grocers and restaurants. The Mākaha Mangoes 'ohana encourages people to grow their own trees and to make the most of mango season.

### In the Garden...

- Choose a young mango tree from a reputable local nursery.
- Dig a hole twice as deep and twice as wide as the pot your tree is in.
- Mix in one cup of fertilizer (0-45-0 is advised) with the soil removed from the hole. Fill the hole half-way with this mixed soil.



- Carefully remove the root ball from the pot and place it in the hole. Fill the hole with soil, making sure the tree is planted at the same depth it was in the original pot.
- Water deeply after planting then every 2-3 weeks for the first year. After this, water deeply once a month if in an area with very little rainfall.
- Do not water once the tree has flowered until harvest.
- Mangoes are usually ready to harvest about five months after flowers bloom.

## Let's Get Cooking... Mango Lassi

### Ingredients

- 1 cup chopped fresh Hawaiian Mango
- 1/2 cup plain yogurt
- 1 tablespoon Hawaiian honey
- 1/2 cup crushed ice

### Directions

1. Combine mango, yogurt, honey, and ice in a blender and blend until smooth.
2. Pour into two cups and enjoy with a friend.



A lassi is a traditional yogurt drink from India. It can be made either sweet or salty and often includes spices like cinnamon and cardamom added to it.



Recipe by Molly Katzen, Salad People

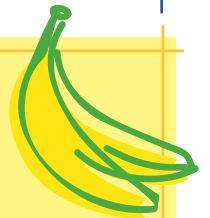
Reminder: Please compost your food waste.



## What can you make with mango?

Green mangoes can be pickled with a mix of vinegar, sugar, and salt. The ripe fruit makes delicious juice and smoothies. It can be added to breads and cakes, pureed and used in sauces, and also used in salsas, marinades, chutneys, and salads.

## Did you know?



1. Mango is known as the “king of fruit” throughout the world.
2. Mangoes were first grown in India over 5,000 years ago.
3. Although it's still a fruit, it is a member of the cashew family. Others in the family are pistachio and poison ivy.
4. Burning mango wood may release fumes that irritate the lungs and eyes.
5. Every part of the mango has been used in folk medicine as an antiseptic, anti-cough, laxative, and as a digestion aid.
6. Some people are allergic to the latex (sap) so be careful when handling mango.
7. In India, a basket of mango is a symbol of friendship.
8. You can put a mango in a paper bag to speed up ripening.
9. The mango is the national fruit of India, Pakistan, and the Philippines and the national tree of Bangladesh.

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, family take-home letters, produce preparation sheets, and a poster showcasing Hawai'i-grown crops. For downloads and more information, visit [www.kokuahawaiifoundation.org/HawaiianHarvest](http://www.kokuahawaiifoundation.org/HawaiianHarvest).

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