

Could you go a

MANGO!

newsletter

Could you go a MANGO!

Could you go a MANGO!

Could you go a MANGO!

The mango season is here!

It's that wonderful time of the year, when the mango season is well underway in Australia, and mangoes are throwing off a sweet, luscious aroma in the shopping aisle.

What many people don't realise is that there are a number of different varieties of mangoes - and the early season varieties are just as sweet and tasty as their late season counterparts!

The mango season runs from late September to April, and during this time you can enjoy various varieties of mangoes.

The main variety you will find early in the season is the **Kensington Pride**, which is also known as the Bowen and has a sweet tangy flavour with an orange to red blush. The **R2E2** is another popular early season variety, with a deep, orange-red blush and long shelf life.

A newer variety also available early in the season is the **Calypso**, which has a particularly firm flesh, with a deep orange blush and a full, sweet flavour.

Later in the season, newer varieties of mangoes you'll find include the **Honeygold**, which is a brilliant golden apricot yellow with a firm, juicy flesh, and the **Pearl**, which has a lovely pearl-flecked skin and firm, sweet flesh, making it a great no-mess fruit to work with in the kitchen.

This handy table will let you know when the mango varieties will be available throughout the season.

MANGO VARIETIES AND THEIR SEASONS

VARIETY	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APRIL
KENSINGTON PRIDE	Available	Available	Available	Available	Available	Available	Available	Available
R2E2	Available	Available	Available	Available	Available	Available	Available	Available
KEITT	Available	Available	Available	Available	Available	Available	Available	Available
KENT	Available	Available	Available	Available	Available	Available	Available	Available
PALMER	Available	Available	Available	Available	Available	Available	Available	Available
BROOKS	Available	Available	Available	Available	Available	Available	Available	Available
CALYPSO	Available	Available	Available	Available	Available	Available	Available	Available
HONEYGOLD	Available	Available	Available	Available	Available	Available	Available	Available
PEARL	Available	Available	Available	Available	Available	Available	Available	Available

So go ahead and get munching on mangoes—there is simply no substitute

Could you go a

MANGO!

newsletter

Could you go a MANGO!

Could you go a MANGO!

Could you go a MANGO!

A mango a day....

Great health reasons to go a mango!



As the saying goes, 'an apple a day keeps the doctor away'. But this old adage could well be used for mangoes. It is a little known fact that a 200g serve (the equivalent of less than one mango) provides you with up to three times your recommended daily intake of Vitamin A and Vitamin C. Mangoes also provide more beta-carotene than any other fruit and are a rich source of fibre and potassium.



Beta-carotene is a powerful anti-oxidant that can help protect the body against disease and also fight the signs of ageing by assisting with the growth and repair of cells, tissues and skin.



And if you're trying to shape up for summer, mangoes are ideal as a snack on their own or as part of a healthy meal. Half a mango contains only 248kj (60 calories) and because mangoes are low GI, most of their energy comes from carbohydrate which is absorbed slowly into the body, helping maintain healthy blood sugar levels, and keeping you satisfied for longer.

Great news for the health conscious!

How do you like to eat a mango?



Mangoes are a wonderfully versatile fruit, perfect to eat for breakfast, lunch, dinner or as a snack. Do you have a special way that you like to eat a mango? If you do, let us know and you could win one of five new model Breville Motiv Blender - just in time for Christmas!

Valued at \$129.95 (RRP incl GST), this sleek, stainless steel blender features a powerful 700 watt motor, heavy duty metal base, ice crushing blades and LCD display with auto off timer.

To get you thinking of wonderful ways to enjoy mangoes, why not try a delicious mango smoothie? <http://www.mangoes.net.au/consumers/recipes/>

To enter the 'Go a Mango' competition, visit the www.mangoes.net.au web site and tell us in 100 words or less the most interesting way you like to eat a mango. Good luck!

Mangoes - did you know...

- Mangoes are Australia's most popular seasonal fruit
- Australians eat their way through eight million trays of mangoes each year!
- Mangoes have been around for at least 5,000 years and are from the same botanical family as cashews
- The 'blush' of a mango refers to the colour of its skin as it ripens
- There are more than 1,000 varieties of mangoes across the world

Could you go a

MANGO!

newsletter

Could you go a MANGO!

Could you go a MANGO!

Could you go a MANGO!

Make it a mango Christmas!

The festive season is just around the corner and every year we look for different gifts to buy, different ways to entertain and fresh ideas for a fabulous Christmas feast.

This year, why not make a difference to your summer entertaining and impress your friends with a mango-themed Christmas?

You can make edible table decorations by creating the mango hedgehog ([INSERT LINK TO WEB](#)), or get fruity and experiment with mango beverages. Why not give fresh trays of mangoes to your friends and family as a simple but juicy Christmas gift? This is sure to save you valuable time on your Christmas shopping.

To get you in the mood for creating a mango Christmas, try this fabulous recipe idea that makes a cool alternative to hot Christmas pudding!

Mango Christmas Ice Cream

Serves 8

Ingredients

- 2 mangoes
- 1/2 cup slivered almonds
- 2 litres vanilla ice-cream
- 3/4 cup (150g) mixed dried fruit



Method

1. Create 2cm mango cubes, using the mango 'hedgehog' method:
 - Hold the mango upright with the stem end facing upwards
 - Using a sharp knife, slice off the mango cheeks one at a time by cutting downwards either side of the stem, as close to the stone as possible
 - Score three or four lines vertically (be careful not to cut through the skin itself) and three or four lines horizontally to form a hatch pattern
 - Firmly hold both edges of the cheek and turn it inside out to form a 'hedgehog' shape
 - Slice the mango away from the skin using a sharp knife to create mango cubes
2. Place the almonds in a small saucepan, stir over high heat until golden brown, cool.
3. Soften the ice-cream enough to stir in the dried fruit and almonds, then gently stir in the mango. Return to the freezer.

Could you go a

MANGO!