

Mango

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Mango protects against cancers and keeps skin clear

GEEK TALK

Mangifera

BUT WE TALK

Aaam (Hindi), Manga (Sapnish), Manako (Hawaii)

DID YOU KNOW?

Mango, also known as the “King of fruits”, belongs to the flowering plant family Anacardiaceae (cashew family). Mango is said to be originated in northeastern India and it has spread throughout Asia and the world.

Mangoes are perennial plants and reach up to 15-30 m in height. It is cultivated in the cold weather. Numerous varieties of Mango exist in the world, some of the popular varieties are Ah-Ping, Fairchild, Gouveia, Haden, Kensington Pride, Kopu Reva, Mapulehu, Momi-K, Pope, Rapoza.

India is the major producer of Mango in the world, followed by China, Thailand, Pakistan, and Mexico.

CULINARY USES

Mango is one of the most favored fruits around the world. It is used in both raw and ripe form.

- It is used to make juice, squash, jams, milkshakes, and pickles.
- It is also used as toppings, blend and beaten with curd and is also used in dried form.
- There are wide range of curries that are made in different parts of India using different varieties of mangoes in its different stages of development.

KITCHEN PHARMACY

- Mango has been found to protect against colon, breast, leukemia and prostate cancers.
- It lowers cholesterol & it also clears the skin.

- The tartaric acid, malic acid, and a trace of citric acid found in Mango help to maintain the alkali reserve of the body.
- Mangoes are good for the gut, improves digestion, immunity, lowers cholesterol, and is a laxative.
- Mangoes are also known to have anti-oxidant, anti-inflammatory and anti-cancerous properties.

RECIPES USING THIS INGREDIENT

