

# Mango

## History

Mangoes originated in India over 4,000 years ago and are considered a sacred fruit. Mangoes spread gradually throughout Asia and then to the rest of the world. Due to a mango's large center seed, the fruit relied on humans to transport them across the world. The spread of Buddhism across Southeast Asia resulted in the spread of mangoes. Persians carried mangoes across western Asia and planted seeds in east Africa in the 10th century. Portuguese explorers introduced mangoes to Brazil in the 16th century and from Brazil mangoes spread throughout the Americas. They were first planted in Barbados in 1742 and by the early 19th century were being grown in Mexico. Mangoes were not really grown in the United States until the 1800s. Today most mangoes found in grocery stores were grown in Florida, Mexico, Haiti, and South America. However, Asia grows 75 percent of all mangoes in the world.

## Fashion Fact

Mangoes have been used in art and fabrics for centuries. The paisley pattern originated in India and is said to be a stylized depiction of a mango. In the language Tamil, spoken by people of India and other surrounding countries, the pattern has been called "mankolam" which means "mango design." The design has also been termed the "carrey" (kary) design which is translated to mean "mango seed."



## Fun Facts

- Mangoes are related to pistachios and cashews.
- In India, folklore states that mango trees can grant wishes.
- Mangoes are eaten across the world more than any other fruit.
- Most people in the US consider mangoes an exotic fruit.
- India is the top producer of mangoes in the world.
- Green mangoes contain more vitamin C than ripe mangoes.
- As mangoes ripen they contain more vitamin A.
- Mangoes continue to ripen after they have been picked.
- Mangoes are called the "king of fruit" because their flavor is a mix of oranges, peaches, and pineapples.



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