

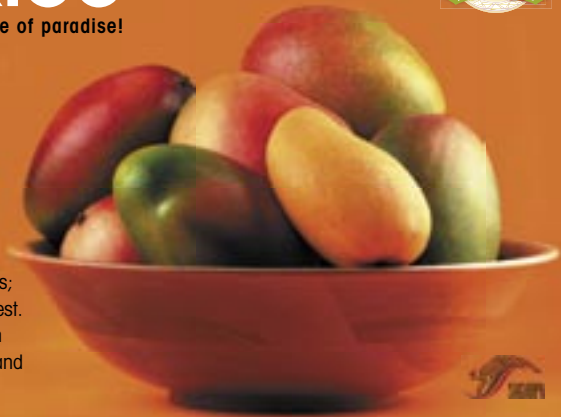
# mangos from **m**exico

Treat yourself to a taste of paradise!



## mangos ripe and ready

- To ripen a mango, keep it on the counter. To speed ripening, place mango in a closed paper bag.
- A mango is ripe when it has a rich, fruity aroma and yields to gentle pressure.
- A red blush is not an indication of ripeness; mangos do not become redder after harvest.
- Some varieties of mangos will turn golden as they ripen; others remain unchanged and are mostly green, even when ripe.

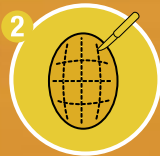


# how to cut a mango

Keep in mind that the large flat oval pit follows the outside shape of the fruit.



On a board, hold the mango with one of the narrower sides facing up. Starting 1/4" from the stem, slice along each side of the pit to cut off the "cheeks."



With the skin side of the cheeks on the board, cut flesh criss-cross taking care not to cut through the skin.



Press skin so fruit pops outward. With a large spoon or knife, remove the mango cubes. Peel center section; cut off remaining fruit. (Alternatively, skip Step #2. With a knife, carve out the flesh in a single piece, cutting as close to the skin as possible. Serve whole or cut in slices.)



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