

SPOTLIGHT ON PRODUCE

WHAT AM I?

A mango is a tropical stone fruit known for its sweet, juicy flesh and bright yellow-orange color.

HOW DO I GROW?

They grow on evergreen trees in warm tropical climates. The fruit develops from small flowers and ripens before being harvested.

NUTRITIONAL FACTS

Mangoes are rich in vitamin C, vitamin A, fiber, and antioxidants that support immune health and digestion.

FUN FACT

There are over 500 varieties of mangoes grown around the world!

MANGOS

