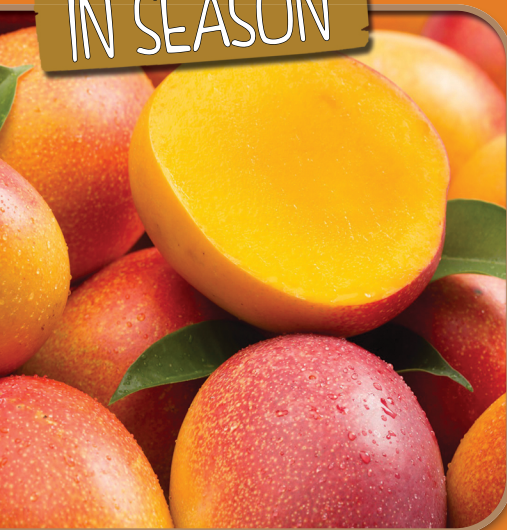


FRESH
IN SEASON

MANGO



Mango skin may be thick, or thin, leathery, green yellow or red or a fanciful combination of these colors. They are sweet in flavor and very juicy; while some have a tart, lemon-like taste.

USAGE TIPS

Mangoes can be eaten fresh when green half ripe or ripe. They make excellent jams, marmalades and chutneys.

NUTRITION

Health benefits of Mangoes includes: low fat, sodium-free, cholesterol-free, high in vitamin A, high in vitamin C and a good source of fiber.



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