



## *'Ataulfo' Mangoes*

#GH058 | 10/Lb

### Overview:

Ataulfo Mangoes are an oval-shaped fruit with golden yellow skin and yellow flesh. This variety is appealing because its flesh is less fibrous than a traditional mango, and its uniquely sweet and creamy flavor when ripe. It is also known as the "Champagne Mango."

### History:

Mangoes first arrived in Mexico from South America, via European travelers who brought the fruit there in the 1700s. The Ataulfo mango was made by cross-pollinating multiple varieties originating from India and Mexico. Note that in India, mango trees are referred to by the ancient Sanskrit term Kalpavriksha or "wish granting tree."

### Growing Region:

Mexico is the primary growing region, with availability between March and September (however, peak supply occurs between March & June.) These are specifically grown in the Mexican states of Michoacan, Sinaloa, Nayarit, Jalisco, and Chiapas.

### Nutrition:

Rich in vitamins A, B, and C, dietary fiber, and are a good source of carbohydrates. Mangoes contain potassium, calcium, iron and folate. Mangoes also contain an enzyme that aids in digestion.

### Preparation:



You will know these mangoes are ripe when the yellow skin develops deep golden speckles and become slightly wrinkled. Dicing is the preferred method for preparation. Dicing: Stand the mango upright (crook end facing up) and cut each cheek on the left and right of the neck approximately  $\frac{1}{2}$ " from the center to avoid the pit. Once the cheeks have been carved off the pit, place the slices down on their skin and score the flesh approximately  $\frac{1}{2}$ " deep into the desired dice size, without cutting off the skin.

- Turn the mango cheek inside-out and scrape the cubed flesh off with a spoon.
- Turn the mango cheek inside-out and eat the flesh directly off the skin (avoid eating the skin.)
- Cut the scored cheek in the desired number of pieces. Everyone can eat the flesh directly off the skin.

