Mango is a tropical fruit native to the Indian subcontinent. It is known as the "king of fruits" due to its superior taste and nutritional benefits. Mangos are rich in vitamins, minerals, and antioxidants. They contain an enzyme which is soothing to the stomach and aids in digestion. Many people also believe that mangos can help prevent certain types of cancer, the heart and may help prevent them, trust me!

**Recipe:**

**Mango Parfait**

1. In a blender with one tablespoon of sugar, blend 2 mangos, peeled and diced.
2. Add 3/4 cup of small watermelon cubes and 1 cup of strawberries, sliced.
3. Mix all together and serve with the juice of one lime or your favorite syrup.

Serve in a glass and enjoy the sweetness of these tropical fruits.

**Preparation Tip:**

Don't worry about the pit; it's safe and edible. The pit is actually richer in nutrients than the fruit itself.

**Nutrition Facts:**

- Calories: 70
- Fat: 0g
- Carbohydrates: 15g
- Fiber: 2g

These fruits are perfect for a light and healthy snack.

**Jane Kline Kabler**

The mango originated from Southeast Asia, where it has grown for over 4,000 years. Now, the mango has spread to other tropical parts of the world. Many mango trees will grow to 60 feet tall and are considered evergreen. It takes 3–6 years to bear its first fruit. The trees bear big, dry bunches to produce a good crop. Most of the mangos sold in the United States are of the Haden variety, grown in Mexico, Haiti, and South America. There are over 1,000 varieties of mangos throughout the world.

To know if a mango is ripe, smell the end where the stem was hooked on before storing it. You should smell a sweet fruity aroma. Also, if the mango is green on the skin when ripe, it should be slightly soft and the skin should be shiny. There shouldn't be much give on the skin when ripe. Mangoes keep well in the refrigerator for two weeks. If you need to speed up the ripening process, place it in a brown bag on the kitchen counter overnight. You can also place an apple, banana, or bread in the bag to speed up the ripening process. Two peaches or an apple placed in the bag will bring two mangos to ripeness in a day. Place with one tablespoon of sugar for a day and a half to get best results.

**Mango Parfait can be a healthy dessert**

Before you eat the mango, cut off the top and slice it down the wide thin side. Turn it upside down and take the bottom off of that part. The seed is inside the mango. Keep mango pieces in the refrigerator.

Facts and myths about mangoes are as old as human existence. The mango is the national fruit of India and is grown in many countries around the world. It is known for its sweet and juicy flesh, as well as its nutritional benefits. The mango is a delicious fruit that is enjoyed by many people around the world.

**Jane Kline Kabler**