

**AUSTRALIAN[®]
MANGOES**

Australian Mango Retail Guide

Introduction to Australian Mangoes

August 2023, Version 1



Characteristics of Australian Mangoes



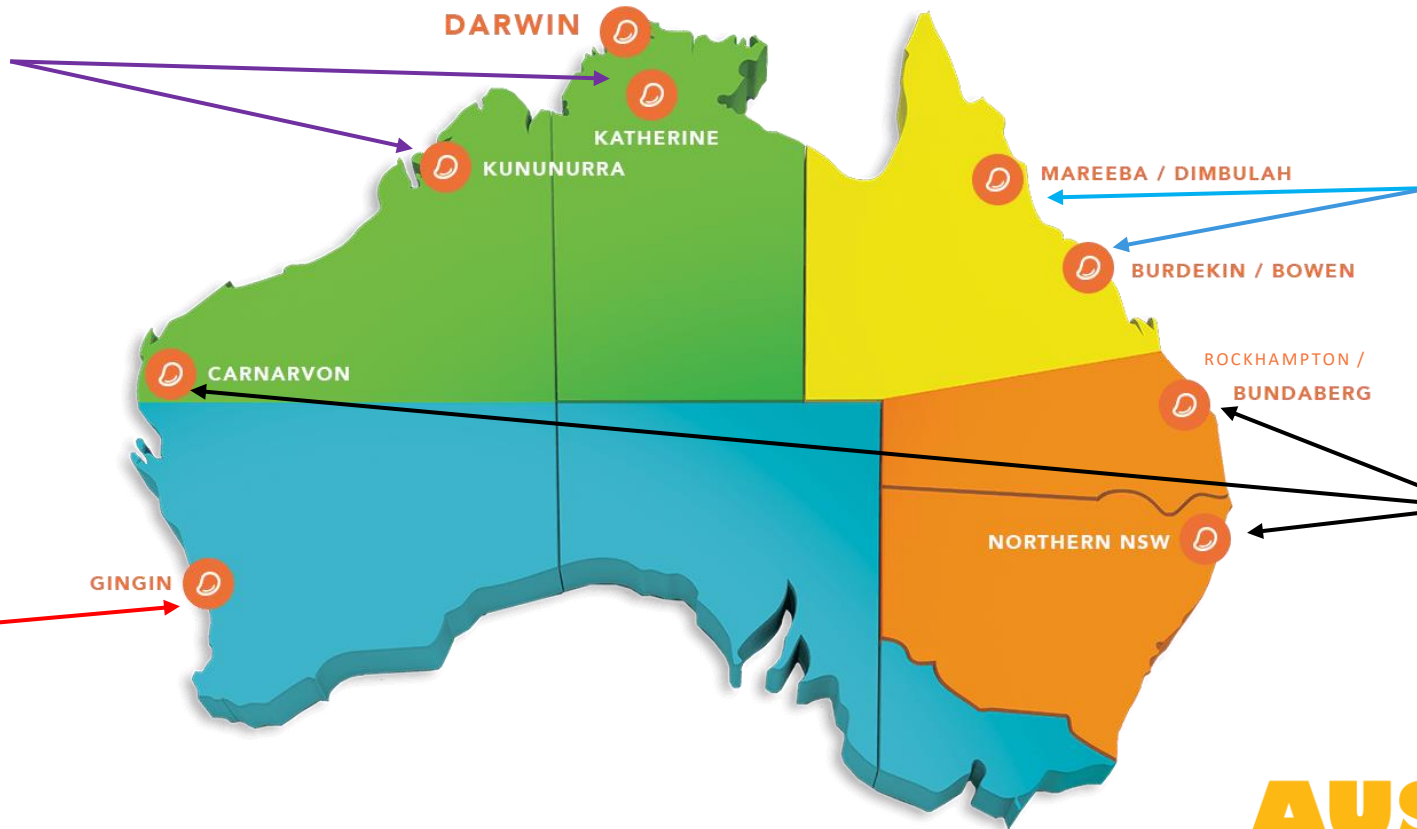
- **Originated from South Asia**
- **Are a juicy, tasty, tropical fruit**
- **Have a unique ‘tear drop’ shape**
- **Vary in colour from green to yellow to orange, through to a reddish blush**
- **Varieties provide unique differences in flavour, aroma and sweetness**
- **Australian mangoes come into season in the warmer months and are often considered the ‘taste of summer.’**

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Where do Australian Mangoes come from?

Mangoes are a tropical fruit, preferring warmer climates

The season starts around **August/September** in the NT and Northern WA.



North QLD begin their season around **October/ November**

Rockhampton/ Bundaberg, QLD, Northern NSW and Carnarvon, WA supply from around **December/ January.**

Gingin WA begins supply around **February.**

Timing may vary from season to season.

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Popular varieties in Australia

Kensington Pride (KP)

Has a sweet and tangy taste with a rich juicy flesh. Skin is yellow to orange tinged with a pink blush.

Ripeness indicator: strong aroma, slightly soft to the touch.

Calypso®

Has a sweet taste with firm flesh and small seed. Skin is yellow to orange with a deep pink blush.

Ripeness indicator: No green tinge and slightly soft to touch.

R2E2

Has a sweet fresh flavour and fruit is large and round. Skin is orange tinged with a red blush.

Ripeness indicator: Gives slightly to gentle pressure.

Honey Gold

Has a rich sweet flavour with firm juicy flesh and fruit is medium to large. Skin is golden to apricot.

Ripeness indicator: Skin is golden all over, slightly soft to touch with distinct mango aroma.

Keitt

Has a sweet and mild flavour and fruit is medium to large. Skin has a pinky red blush with yellow/orange undertones and may retain some green when ripe.

Ripeness indicator: Gives slightly to gentle pressure.



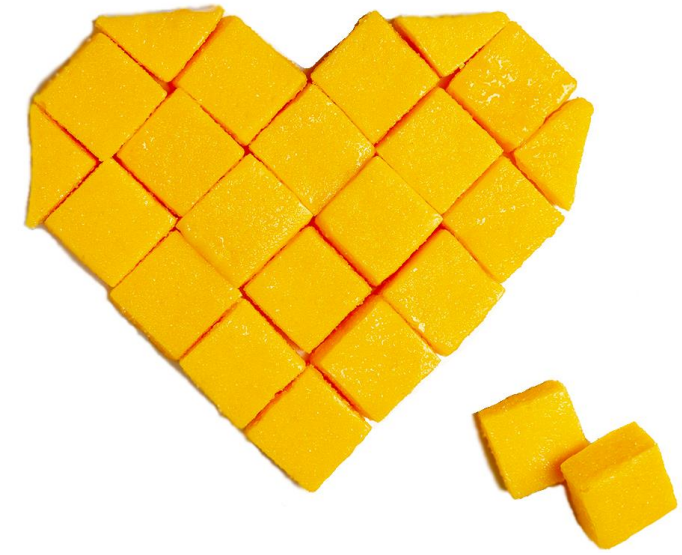
Variety availability in Australia

Variety	September	October	November	December	January	February	March
Kensington Pride							
Calypso®							
R2E2						 (Gingin WA)	
Honey Gold							
Lady Jane							
Ruby Gold							
Scarlet Delight							
Keitt							
Palmer							
Pearl							
Brooks							

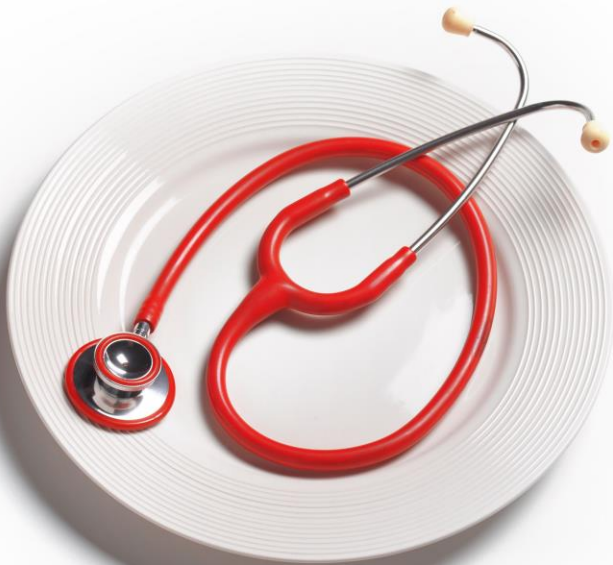
Although the varieties mentioned above represent the most commonly available mango varieties in Australia, others can also be found. Timing may vary from season to season.

Health benefits

AUSTRALIAN MANGOES ARE HIGH IN ENERGY, LOW IN FAT AND ARE A GREAT SOURCE OF CALCIUM AND VITAMINS ESSENTIAL FOR GOOD HEALTH.



Half a mango contains only 230kj (60 calories) and have a low GI. Most of the energy comes from carbohydrates which is absorbed slowly into the body, helping maintain blood sugar levels, keeping you satisfied for longer.



Mangoes provide more beta-carotene than any other fruit. Beta-carotene helps protect the body against disease and fights the signs of aging, assisting with the growth and repair of cells, tissues and skin.

Mangoes provide you with up to three times your recommended daily intake of vitamin A and C.

Handling in Store

PLACE MANGOES IN HIGHLY VISIBLE AND EASY TO REACH LOCATIONS. ALLOW THEIR AROMA AND VIBRANT COLORS TO HELP ATTRACT CUSTOMERS.



Handle mangoes with care. Only place full trays of mangoes two high on floor stacks. Use empty trays to achieve easy to reach height for your customers.

Where you have multiple trays of the same variety, refill part empty trays and ensure you rotate each time.

Mangoes bruise easily. To avoid unnecessary bruising, keep mangoes in their trays, ensuring all fruits are in the same direction: stem end down with beak pointing up



Never refrigerate mangoes as they may get chill damage. Always store them above 12 degrees.



Merchandise mangoes regularly to maintain stock weight, availability and to present refreshed displays of quality product.

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Understanding ripeness

ALWAYS JUDGE A MANGO BY ITS FEEL AND ITS AROMA



Squeeze the mango **gently**. A ripe mango will give “**slightly**”.



Ripe mangoes will sometimes have a rich fruity aroma at their beak.



Use your experience with produce such as peaches or avocados, which become softer as they ripen.



DO NOT focus on color. It is not the best indicator of ripeness.



Very soft mangoes, wrinkled or shrivelled means they are overripe and will taste unpleasant with a fermented flavour.



Remove over ripe and damaged mangoes to maintain quality offerings. If you wouldn't buy it, your customers won't either



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Handling at Home

TO GET THE BEST TASTE OUT OF YOUR MANGOES, FOLLOW THESE SIMPLE STORAGE TIPS:

- 🥭 MANGOES SHOULD NOT BE REFRIGERATED UNTIL THEY ARE RIPE
- 🥭 FULLY RIPE MANGOES CAN BE STORED IN THE REFRIGERATOR FOR A FEW DAYS
- 🥭 NEVER STORE MANGOES IN PLASTIC BAGS – MANGOES NEED AIR!



If you find your mangoes are not quite ripe enough, store them at room temperature between 18 - 22°C for a few days until the fruit ripens. Storage in a paper bag can also help the ripening process.

When stored properly a mango should have a shelf life of about a week and while the mango will not ripen in the refrigerator, it can be kept chilled there once ripe, or it can be frozen, dried, cooked in syrup or puréed.

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The best way to enjoy mangoes



The Hedgehog

- 🥭 With a sharp knife, cut the cheeks of each side of the mango.
- 🥭 Score the mango flesh both vertically and horizontally into a criss-cross pattern.
- 🥭 Hold both edges and turn the cheeks inside out to create a hedgehog.
- 🥭 You can eat as is or slice off the cubes.



Click the link below for more preparation ideas
[Mangoes Australia Preparation - Mangoes Australia](#)

The delicious tropical taste of mango can be enjoyed any way.

Visit the Australian Mangoes website for a multitude of recipes: Click below

[Mangoes Australia Recipes - Mangoes Australia](#)



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For more information and to see a range of resources visit:
<https://www.industry.mangoes.net.au/resources/retail>