

All About Mangoes

Mangoes are one of the most popular fruits in the world, known for their sweet, juicy flavor and vibrant color.

They belong to the flowering plant genus **Mangifera**, and are native to South Asia, especially India and Myanmar.

There are hundreds of mango varieties, with flavors ranging from creamy and sweet to tart and citrusy.

Some popular types include Alphonso, Haden, Tommy Atkins, and Kent.

Mangoes are rich in vitamins A and C, and also contain antioxidants and dietary fiber.

They can be enjoyed fresh, in smoothies, salads, chutneys, and desserts.

The fruit is also significant culturally in many countries, symbolizing love, prosperity, and abundance.

In Indian traditions, mango leaves are used for festivals and weddings, and the fruit is mentioned in ancient scriptures.

Whether eaten fresh or in recipes, mangoes are a delicious and nutritious treat loved around the globe.