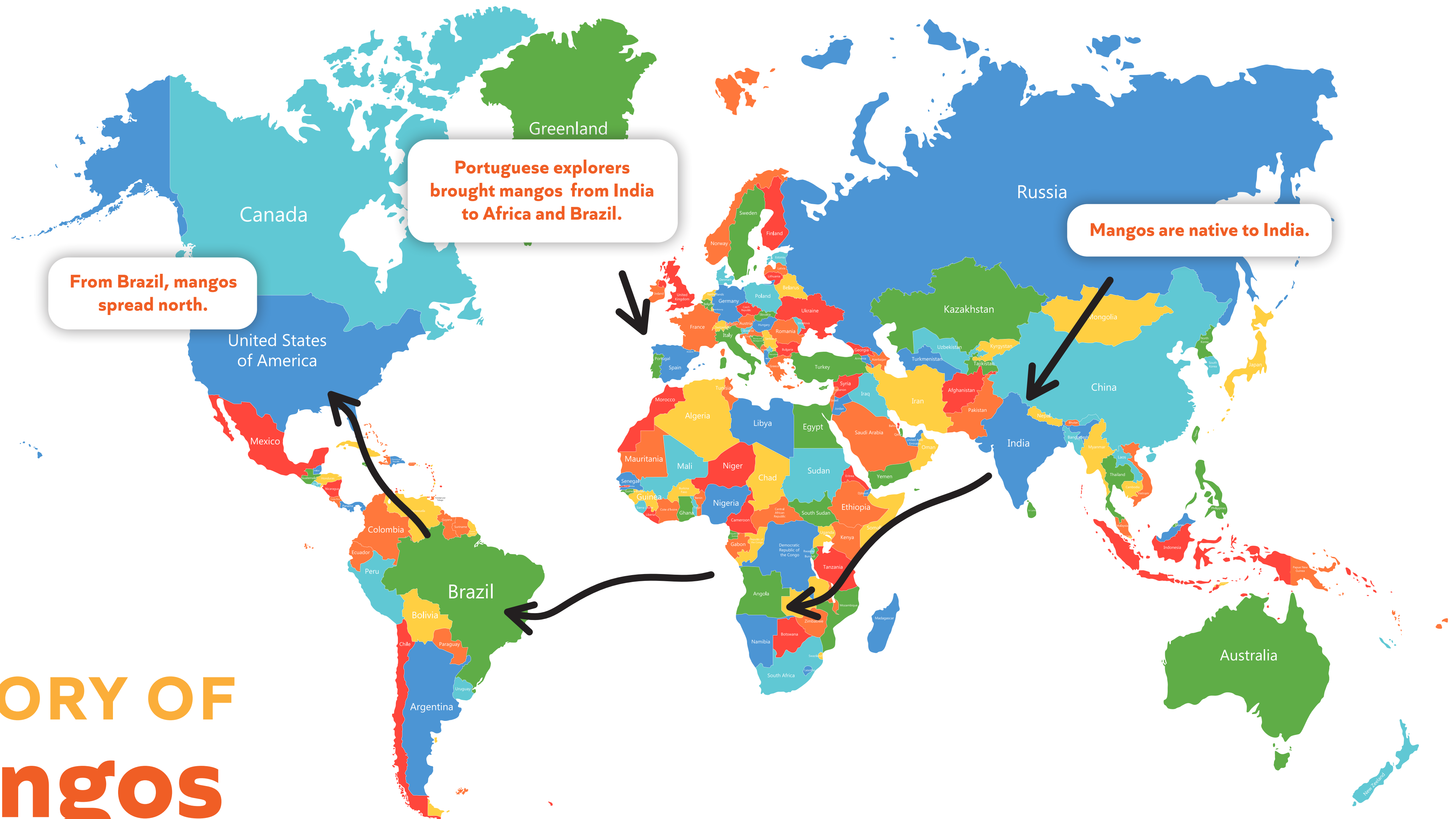




HARVEST OF THE MONTH:

Mangos

HISTORY OF Mangos



**Mangos grow
on a tree in
the tropics.**

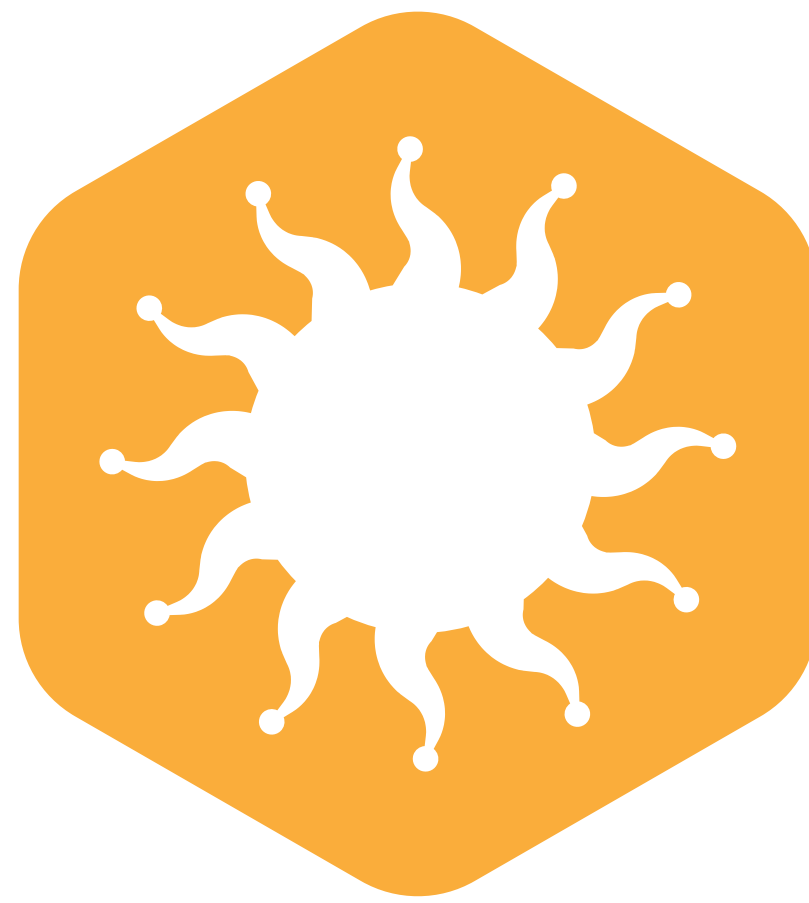


**After pollination,
the flower swells
to become the
mango we eat.**

HOW DO MANGOS GROW?

WHAT SEASON DO WE PICK MANGOS?

Mangos cannot grow in South Dakota. Mangos grow in tropical locations, such as Brazil and Florida, and are picked year-round.



SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT MANGOS?

**Healthy immune system
(prevents colds)**



**Healthy heart
and blood**



Healthy eyes



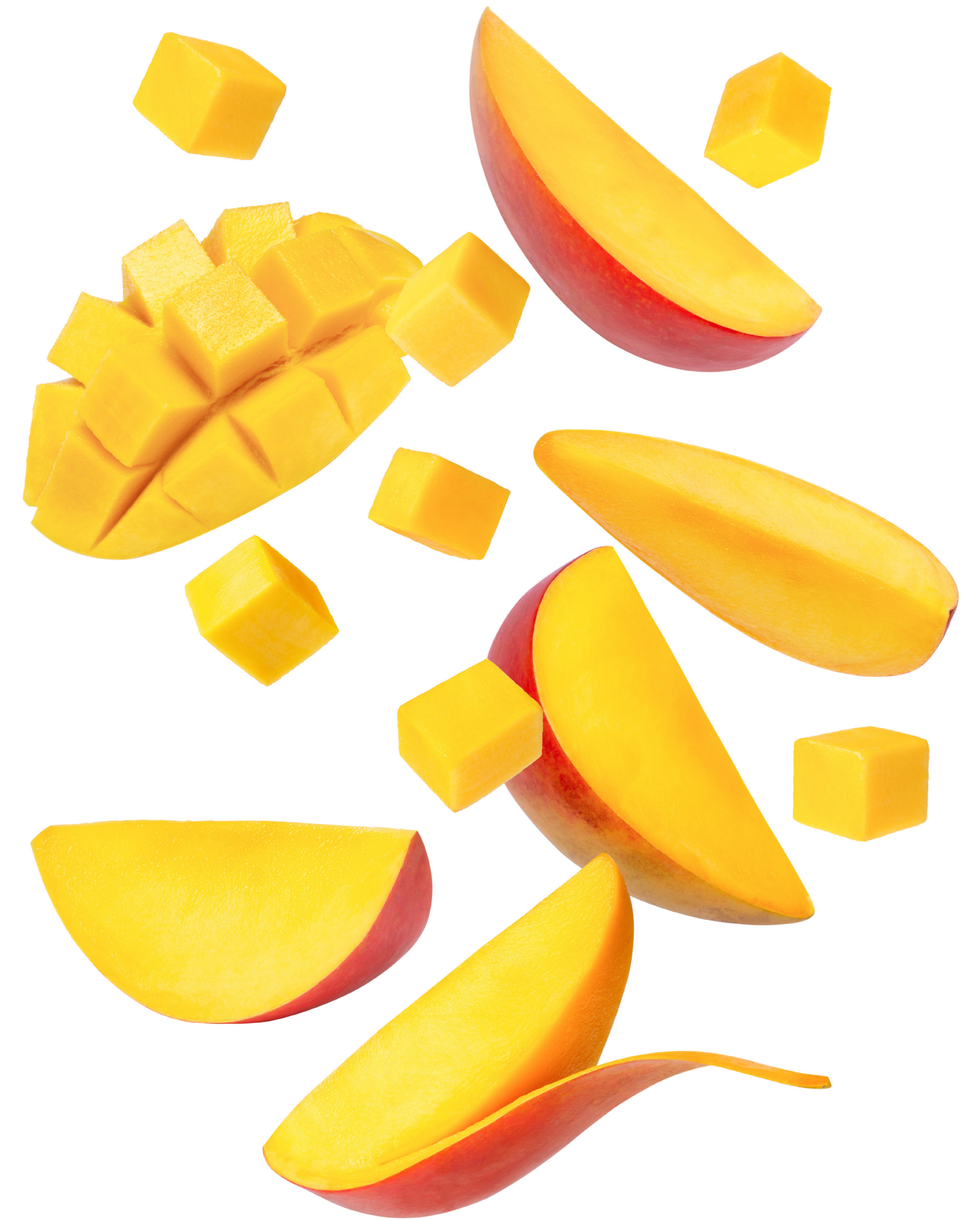
**Healthy digestion,
cleans out your system**



HOW DO YOU PICK A GOOD MANGOS?

- **Squeeze the mango gently. A ripe mango will give slightly. (Color is not the best way to judge mango ripeness.)**
- **Keep unripe mangos at room temperature**
- **Once ripe, put mangos in the refrigerator.**
- **The easiest way to eat a mango is to cut a slice and scoop out the flesh with a spoon.**

FUN FACT: A basket of mangos is considered a gesture of friendship in India.





LET'S TRY SOME Mangos!

