



**AUSTRALIAN<sup>®</sup>  
MANGOES**

**AUSTRALIAN  
MANGOES**

# OUR INDUSTRY

Mangoes are one of Australia's most significant tropical fruit crops, grown across the Northern Territory, Queensland, and Western Australia. Our growers have an enviable reputation for producing high quality mangoes for the enjoyment of consumers in Australia and international markets.

Mango production is spread across tropical and subtropical regions that offer ideal climatic conditions with warm temperatures which support the production of many varieties including Kensington Pride, Calypso®, R2E2, Honey Gold and Keitt. The industry is seasonal and typically runs from **September to March**, with harvest periods varying by region.

Australian mango varieties are known around the world as some of the most flavoursome varieties available.

Great care is taken to meet the standards required to safely export Australian mangoes to overseas markets. Growers follow sustainable farming practices and uphold fair work standards, ensuring that every mango is produced responsibly and reaches consumers fresh, safe, and of the highest quality.



	SEPT	OCT	NOV	DEC	JAN	FEB	MAR
<b>DARWIN</b>							
<b>KATHERINE</b>							
<b>KUNUNURRA</b>							
<b>BOWEN/BURDEKIN</b>							
<b>MAREEBA/DIMBULAH</b>							
<b>CENTRAL/SOUTH EAST QUEENSLAND</b>							
<b>CARNARVON</b>							
<b>GINGIN</b>							



# A MANGO A DAY.. DELICIOUS & NUTRITIOUS

## HOW TO PICK THE PERFECT MANGO

- Gives slightly when squeezed in your palm (give it a gentle hug, not a poke!).
- Has a strong and sweet aroma.
- Don't focus on colour. It is not the best indicator of ripeness.
- Judge ripeness by feel, not colour

## MANGOES IN STORES

- MERCHANDISE**  
Keep displays full, top up trays with the same variety, and move older stock to the front.
- HANDLE WITH CARE**  
Display mangoes in single layers, all facing the same way (stem end down) to avoid damage.
- RIGHT TEMPERATURE**  
Keep above 12°C to avoid chill damage.



## HEALTH FACTS



**A 200g serve (less than one mango) provides:**

- A single mango delivers 50% of your recommended daily intake of vitamin A and 150% of your daily vitamin C.
- One of the richest sources of beta-carotene among fruits
- Fights ageing & boosts cell health.
- Fibre & potassium - great for digestion and heart health.

### Low GI + Low Calorie

Half a mango = 230kJ (60 cal) and keeps you fuller for longer.

## NUTRITIONAL INFORMATION

PER 100G

<b>ENERGY</b>	237kJ
<b>PROTEIN</b>	0.4g
<b>FAT</b>	0g
<b>CARBOHYDRATES</b>	13.4g
<b>FIBRE</b>	1.3g
<b>VITAMIN C</b>	24mg
<b>VITAMIN E</b>	0.85mg
<b>BETA CAROTENE</b>	820ug
<b>POTASSIUM</b>	153mg
<b>CALCIUM</b>	9mg
<b>VITAMIN A</b>	137ug
<b>FOLATE</b>	32ug
<b>WATER</b>	84.1g

Source: Australian Food Composition Database - Release 2.0

# AUSTRALIAN MANGO VARIETIES

Australian growers produce a range of varieties, although current production is dominated by four varieties - Kensington Pride, Calypso®, R2E2 and Honey Gold - through the peak of the season and one late season variety - Keitt. Other varieties from Australian and international breeding programs are expanding in production, offering consumers a wider range of flavours and greater choice.

### KENSINGTON PRIDE



<b>FLAVOUR</b>	Sweet & tangy
<b>TEXTURE</b>	Rich juicy flesh
<b>COLOUR</b>	Yellow to orange skin tinged with a pretty pink blush Vibrant yellow flesh
<b>SIZE</b>	Medium
<b>RIPENESS INDICATOR</b>	Strong aroma and gives slightly to gentle pressure
<b>AVAILABILITY</b>	Sept - Feb

### CALYPSO®



<b>FLAVOUR</b>	Sweet & juicy
<b>TEXTURE</b>	Firm flesh
<b>COLOUR</b>	Deep pink blush Yellow-orange flesh
<b>SIZE</b>	Medium
<b>RIPENESS INDICATOR</b>	No green and gives slightly to gentle pressure
<b>AVAILABILITY</b>	Sept - Mar

### R2E2



<b>FLAVOUR</b>	Sweet & fresh
<b>TEXTURE</b>	Firm flesh
<b>COLOUR</b>	Orange skin with a red blush Yellow flesh
<b>SIZE</b>	Large & round
<b>RIPENESS INDICATOR</b>	Gives slightly to gentle pressure
<b>AVAILABILITY</b>	Oct - Feb

### HONEY GOLD



<b>FLAVOUR</b>	Rich & sweet
<b>TEXTURE</b>	Firm & fibreless
<b>COLOUR</b>	Golden apricot skin Yellow-orange flesh
<b>SIZE</b>	Medium to large
<b>RIPENESS INDICATOR</b>	Golden skin, strong aroma and gives slightly to gentle pressure
<b>AVAILABILITY</b>	Nov - Mar

### KEITT



<b>FLAVOUR</b>	Sweet & mild
<b>TEXTURE</b>	Firm
<b>COLOUR</b>	Pinky red blush Yellow-orange flesh
<b>SIZE</b>	Medium to large
<b>RIPENESS INDICATOR</b>	Gives slightly to gentle pressure
<b>AVAILABILITY</b>	Jan - Mar

# WHERE WE EXPORT

Australian mangoes are exported to many markets, including:



**TASTE  
THE  
SUNSHINE**



## CONTACT US

### AUSTRALIAN MANGOES

Unit 2,  
The Fresh Centre,  
Brisbane Markets

PO Box 376,  
Brisbane Markets  
QLD 4106

+617 3278 3755  
com@mangoes.net.au  
www.industry.mangoes.net.au

Australian Mangoes | australianmangoes

*Images courtesy of Perfection Fresh  
Australia Pty Ltd, Manbulloo Limited and  
Hort Innovation.*