

## **OUR INDUSTRY**

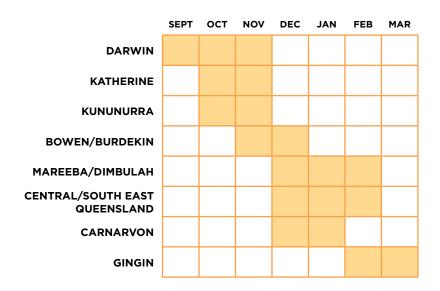
Mangoes are one of Australia's most significant tropical fruit crops, grown across the Northern Territory, Queensland, and Western Australia. Our growers have an enviable reputation for producing high quality mangoes for the enjoyment of consumers in Australia and international markets.

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.







**CALYPSO®** 

## 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.





# 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:

- 3x your daily Vitamin A & C
- More beta-carotene than any other fruit
- 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

ENERGY	230kj
PROTEIN	0.9g
FAT	0.2g
CARBOHYDRATES	11.6g
FIBRE	1.5g
VITAMIN C	26ug
VITAMIN E	1.3ug
BETA CAROTENE	1433ug
BETA CAROTENE EQ	2195ug
POTASSIUM	197mg
CALCIUM	7mg
RETINOL	366ug
ALPHA CAROTENE	9ug
CRYPTOXANTHIN	1516ug
WATER	84.1g

Sourced from NUTTAB 2010 nutrition

### R2E2



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

### **HONEY GOLD**



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

KEITT



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

## WHERE WE EXPORT

Australian mangoes are exported to many markets, including:











# **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

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