

Mango



A mango is an edible stone fruit produced by the tropical tree *Mangifera indica* which is believed to have originated from the region between northwestern Myanmar, Bangladesh, and northeastern India. *M. indica* has been cultivated in South and Southeast Asia since ancient times resulting in two distinct types of modern mango cultivars: the "Indian type" and the "Southeast Asian type". Other species in the genus *Mangifera* also produce Worldwide, there are several hundred cultivars of mango. Depending on the cultivar, mango fruit varies in size, shape, sweetness, skin color, and flesh color which may be pale yellow, gold, green, or orange. The mango is the national fruit of India, Pakistan, and the Philippines, while the mango tree is the national tree of Bangladesh.

Mango trees grow to 30–40 m (98–131 ft) tall, with a crown radius of 10–15 m (33–49 ft). The trees are long-lived, as some specimens still fruit after 300 years.

Domestication and cultivation

Mangoes are believed to have originated from the region between northwestern Myanmar, Bangladesh, and northeastern India. The mango is considered an evolutionary anachronism, whereby seed dispersal was once accomplished by a now-extinct evolutionary forager, such as a megafauna mammal

From their center of origin, mangoes diverged into two genetically distinct populations: the subtropical Indian group and the tropical Southeast Asian group. The Indian group is characterized by having monoembryonic fruits, while the Southeast Asian group is characterized by polyembryonic fruits.

It was previously believed that mangoes originated from a single domestication event in South Asia before being spread to Southeast Asia, but a 2019 study found no evidence of a center of diversity in India. Instead, it identified a higher unique genetic diversity in Southeast Asian cultivars than in Indian cultivars, indicating that mangoes may have originally been domesticated first in Southeast Asia before being introduced to South Asia. However, the authors also cautioned that the diversity in Southeast Asian mangoes may be the result of other reasons (like interspecific hybridization with other *Mangifera* species native to the Milesian ecoregion). Nevertheless, the existence of two distinct genetic populations also identified by the study indicates that the domestication of the mango is more complex than previously assumed, and would at least indicate multiple domestication events in Southeast Asia and South Asia

The mango is now cultivated in most frost-free tropical and warmer subtropical climates. It is cultivated extensively in South Asia, Southeast Asia, East and West Africa, the tropical and subtropical Americas, and the Caribbean. Mangoes are also grown in Andalusia, Spain (mainly in Málaga province), as its coastal subtropical climate is one of the few places in mainland Europe that permits the growth of tropical plants and fruit trees. The Canary Islands are another notable Spanish producer of the fruit. Other minor cultivators include North America

(in South Florida and the California Coachella Valley), Hawai'i, and Australia. Numerous phytochemicals are present in mango peel and pulp, such as the triterpene, lupeol. Mango peel pigments under study include carotenoids, such as the provitamin A compound, beta-carotene, lutein and alpha-carotene, and polyphenols, such as quercetin, kaempferol, gallic acid, caffeic acid, catechins and tannins. Mango contains a unique xanthonoid called Mangifera.

Phytochemical and nutrient content appears to vary across mango cultivars. Up to 25 different carotenoids have been isolated from mango pulp, the densest of which was beta-carotene, which accounts for the yellow-orange pigmentation of most mango cultivars. Mango leaves also have significant polyphenol content, including xanthonoids, Mangifera and gallic acid.

Production-

In 2020, world production of mangoes (report includes mangosteens and guavas) was 55 million tons, led by India with 45% of the total (table). Almost half of the world's mangoes are cultivated in India alone, with the second-largest source being Indonesia. Although India is the largest producer of mangoes, it accounts for less than 1% of the international mango trade; India consumes most of its own production.

Other major mango-producing countries in total tonnage produced in 2020 were Indonesia, China, Pakistan, Mexico, Brazil, Bangladesh, Nigeria, and the Philippines (table). At the wholesale level, the price of mangoes varies according to the size, variety, and other factors. The FOB Price reported by the United States Department of Agriculture for all mangoes imported into the US ranged from approximately US\$4.60 (average low price) to \$5.74 (average high price) per box (4 kg/box) during 2018

Nutrition - A raw mango is 84% water, 15% carbohydrates, 1% protein, and has negligible fat (table). The energy value per 100 g (3.5 oz) serving of a raw mango is 250 kJ (60 calories). Fresh mango contains only vitamin C and folate in significant amounts of the Daily Value as 44% and 11%, respectively (table).



References –

- <https://en.wikipedia.org/wiki/Mango>
- <https://www.healthline.com/nutrition/mango>