

FGCU Food Forest

Plant Database

Mango (*Mangifera indica*)

Quick Facts

Origin: Southern Asia

Description: The Mango tree is erect, 30 to 100 ft high, with a broad, rounded canopy. There is great variation in the form, size, color and quality of the fruits. They may be nearly round, oval, ovoid-oblong, or somewhat kidney-shaped, often with a break at the apex, and are usually more or less lop-sided.

Uses: Food and Medicinal

Harvest: Flowering starts at the beginning of the rainy season and fruits ripen at the end of the rainy season.

Flower: Hundreds and even as many as 3,000 to 4,000 small, yellowish or reddish flowers, 25 to 98% male, the rest hermaphroditic, are borne in profuse, showy, erect, pyramidal, branched clusters 2 1/2 to 15 1/2 in. high.

Tolerance: Mango trees thrive in well-drained soils with pH ranging from 5.5 to 7.5 and are fairly tolerant of alkalinity. They need a deep soil to accommodate the extensive root system. Mango trees cease growth at temperatures below 55-60 F (not truly dormant). Leaves and fruit are injured by mild frost (28-32 F).



General Description: The Mango tree is erect, 30 to 100 ft high, with a broad, rounded canopy. The tree is long-lived, some specimens being known to be 300 years old and still fruiting. The leaves,

appearing periodically and irregularly on a few branches at a time, are yellowish, pink, deep-rose or wine-red, becoming dark-green and glossy above, lighter beneath. Hundreds and even as many as 3,000 to 4,000 small, yellowish or reddish flowers, 25 to 98% male, the rest hermaphroditic, are borne in profuse, showy, erect, pyramidal, branched clusters 2 1/2 to 15 1/2 in. high. There is great variation in the form, size, color and quality of the fruits. They may be nearly round, oval, ovoid-oblong, or somewhat kidney-shaped, often with a break at the apex, and are usually more or less lop-sided. They range from 2 1/2 to 10 in. in length and from a few ounces to 4 to 5 lbs. The skin is leathery, waxy, smooth, fairly thick, aromatic and ranges from light-or dark-green to clear yellow, yellow-orange, yellow and reddish-pink, or more or less blushed with bright-or dark-red or purple-red, with fine yellow, greenish or reddish dots, and thin or thick whitish, gray or purplish bloom, when fully ripe.

- **Native Origin:** Mango is native to southern Asia, especially eastern India, Burma, and the Andaman Islands.
- **General History:** Mango has been cultivated, praised and even revered in its homeland since Ancient times. Buddhist monks are believed to have taken the Mango on voyages to Malaya and eastern Asia in the 4th and 5th Centuries B.C. The Persians are said to have carried it to East Africa about the 10th Century A.D. It was commonly grown in the East Indies before the earliest visits of the Portuguese who apparently introduced it to West Africa early in the 16th Century and also into Brazil. After becoming established in Brazil, the Mango was carried to the West Indies, being first planted in Barbados about 1742 and later in the Dominican Republic. It reached Jamaica about 1782 and, early in the 19th Century, reached Mexico from the Philippines and the West Indies. In 1833, Dr. Henry Perrine shipped seedling Mango plants from Yucatan to Cape Sable at the southern tip of mainland Florida but these died after he was killed by Indians. Seeds were imported into Miami from the West Indies by a Dr. Fletcher in 1862 or 1863. From these, two trees grew to large size and one was still fruiting in 1910 and is believed to have been the parent of the "No. 11" which was commonly planted for many years thereafter.
- **Distribution:** Mangos can be grown in most tropical and sub-tropical environments. In the United States they are grown in Florida and Hawaii. They are also grown largely in South America, areas of Central and Western Africa, Asia, and Australia.
- **Season of Harvest:** Flowering starts at the beginning of the rainy season and fruits ripen at the end of the rainy season. The time of development after fertilization to maturity of fruit is 2-5

months, depending on the cultivar and temperature. Fruiting is often biennial; some cultivars, in addition to the main fruiting seasons, set a few fruits throughout the year.

- **Uses:** Mangos should always be washed to remove any sap residue, before handling. They are often eaten freshly picked once washed. The ripe flesh may be spiced and preserved in jars. Surplus ripe mangos are peeled, sliced and canned in syrup, or made into jam, marmalade, jelly or nectar. The extracted pulpy juice of fibrous types is used for making mango halva and mango leather. Mango juice may be spray-dried and powdered and used in infant and invalid foods, or reconstituted and drunk as a beverage. Dried Mango flowers, containing 15% tannin, serve as astringents in cases of diarrhea, chronic dysentery, catarrh of the bladder and chronic urethritis resulting from gonorrhoea. The bark contains mangiferine and is astringent and employed against rheumatism and diphtheria in India. The resinous gum from the trunk is applied on cracks in the skin of the feet and on scabies, and is believed helpful in cases of syphilis.

Mango	
Scientific Classification	
Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Eudicots
(unranked):	Rosids
Order:	Sapindales
Family:	Anacardiaceae
Genus:	<i>Mangifera</i>
Species:	<i>M. indica</i>

Sources

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