



Mango Mania MP3

Gary Crawford [00:00:00] We are once again in the hallowed tent of VegU-cation University, good old VegU, out here at the Department of Agriculture's farmers market in Washington today. We have a guest lecturer, all the way up from Florida, Manuel Michel. Manuel, that could be a stage name. Yeah, yeah but it's your real name now. He hasn't even started his lecture yet, but he says he's gonna give a pop quiz right now anyway. Tough teacher there. See if you can guess what food he's talking about. Clue number one.

Manuel Michel [00:00:27] It was originally from Southeast Asia and then it developed a lot in India.

Gary Crawford [00:00:32] So not a beef hot dog? No next!

Manuel Michel [00:00:34] Here in the U.S. we have about six main varieties.

Gary Crawford [00:00:36] And finally for you botany majors.

Manuel Michel [00:00:37] The species is mangifera indica.

Gary Crawford [00:00:41] Uh huh, easy for you to say. The answer, musically,

Voiceover [00:00:44] "Mister Mango, you make me wanna go, go, go."

Gary Crawford [00:00:49] Oh, she obviously flunked out of the VegU vocal Academy. Good bye! That's Radio 4 you, no doors in this tent. So anyway, Manuel, you are the executive director of the National Mango Board, or is it "mon-go" or what?

Manuel Michel [00:01:02] Mango is what most people here in the US prefer to use mango. But to people who grow them may say "mon-go."

Male Voiceover [00:01:12] "Mon-go, mon-go, mon-go, mon-go, mingo."

Gary Crawford [00:01:12] Okay. Get rid of that so it's OK. "Mon-go" or mango.

Manuel Michel [00:01:16] Either one works for us.

Gary Crawford [00:01:16] I'm glad something works around here. So, Manuel, there are millions of us who have never tried this fruit at all, simply because they don't know much about it. You've been showing people here how to cut it open, exposed the fruit inside. You telling people, of course, you don't eat the peel. But a question before all of that, "how do you buy good mangoes at the store?" I mean what do you look for.

Manuel Michel [00:01:36] Mangoes can be interesting because they come in many different colors and what we always say is don't judge a mango by its color. Because you can have green ones that are ripe, you can have red or yellow ones that are also ripe. So, the best way to judge ripeness is give it a slight squeeze and if it gives, then it means it's ripe.

Gary Crawford [00:01:53] Mangoes do continue to ripen after they're picked and uh you Manuel are also telling folks to store them uh like you would a banana.

Manuel Michel [00:02:00] Chilling them can be bad for the fruit. Since it's a tropical fruit it doesn't like cold weather, so we recommend that mangoes are stored above 50 degrees.

Gary Crawford [00:02:10] No refrigeration, right?

Manuel Michel [00:02:11] Correct.

Gary Crawford [00:02:12] OK. So, for those of us who have never tasted fresh mango how would you describe the taste the eating experience? Of what other fruit would you say it is comparable to?

Manuel Michel [00:02:21] Tastes like mango.

Gary Crawford [00:02:22] That is really helpful. Thank you very much for that. Okay uh but anything more you can tell us about them.

Manuel Michel [00:02:27] You can have some that are very sweet, some that are tart, and then some that can even be spicy. So, it just depends on the variety.

Gary Crawford [00:02:34] How do you know when you go to the store what type you get?

Manuel Michel [00:02:38] Most of the ones we have here in the U.S. are the sweet type.

Gary Crawford [00:02:41] Oh OK. So, for more and much more mango mania go online to mango.org, mango.org.

Gary Crawford [00:02:49] Oh, she's back again. That's what you should do. Go, go, go. This is Gary Crawford reporting for the U.S. Department of Agriculture in Washington.