



## Mango Season is Here!

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"Mango is like a drug. You must have more and more and more of the Mango until there is no Mango left. Not even for Mango!?"

Mango season is here. King of Fruits", mango is one of the most popular and best-loved fruits worldwide. The name mango is derived from the Tamil word 'mangkay' or 'man-gay'. The mango is a member of the Anacardiaceae family. Other distant relatives include the cashew, pistachio, Jamaica plum, poison ivy and poison oak.

Awesome Pakistani Mangoes are now in season. The 6 week period which lasts from May through July peaking with monsoon and lasting till September.

In Pakistan mango is grown mostly in Punjab and Sindh.

Pakistani mangoes are a symbol of pride, and through its export, Pakistan as a nation reaches out to the world.

Pakistan produces the third-largest crop of mangoes in the world, growing more than 1.5 million tons annually.

Hundreds of varieties of mangoes are grown in Pakistan.

These varieties are all different in shapes, size and hues of orange, yellow and green. Each variety has a distinct flavor and taste. The most well known are Anwar Retol, Dasehri, Langra, Chaunsa, Sindhri, Saharni, Alphonso, Pairi, Fazli and Neelam. The Sindhri.

Mango when ripe is eaten fresh but fruit is also used in preparing squash, jam, custard and other sweet dishes. Raw green mangoes are used in making mango chutneys and pickles. It is the base of many delicious eastern dessert recipes.

Mangoes contain sugar, vitamin A, B and C. It also contains small amounts of protein, iron, calcium and phosphorus. It has smooth, low-pulp flesh and strong, pleasant aroma. If you have one mango in a house your whole house smells mango.

The Mango tree it is a symbol of love and it is believed that the Mango tree can grant wishes. So next time you see a mango tree wish for a mango tree, to make all your wishes come true.

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