MANGO

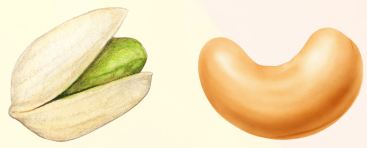
QCWA PRODUCT OF THE YEAR 2027



Some varieties of mangoes can be eaten firm, unripe and **green** in Asian cooking, **pickles** or **chutney.**



Mangoes are related to cashews and pistachios and are part of the **Anacardiaceae family.**



Mangoes are a great source of **Vitamin C** which supports our immune system and help with iron absorption.

India is the world's largest mango producing country, producing around **26 million** tonnes each year.



The famous Kensington Pride (Bowen) mango originates from **Australia.**



Mango trees can live up to **300** years old while still producing fruit.





One mango provides **2 serves of fruit** There is one serve in each mango cheek!

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