

Mango



Mango is an excellent source of flavonoids and Vitamin A, B6, C, and E. Mangoes are also very rich in fibers and a good source of potassium.

Just like avocados, mangoes only contain one seed.



Mangoes come in many shapes, sizes, colors and come in 60 different varieties

Mangoes are locally grown in Hawaii. Many local residents have mango trees growing in their yards.

