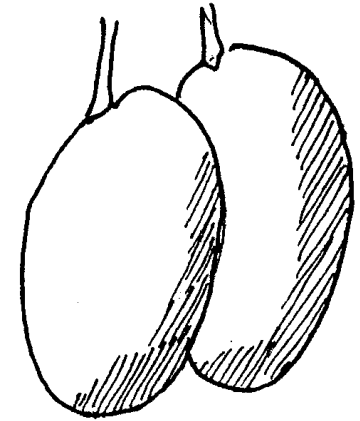


Mangoes are not easy to market fresh, because they quickly spoil. One infection that can easily affect them is Anthracnose. It can be prevented from developing on mango fruits by using a hot water treatment. When fresh mature mangoes are dipped in into water at 51-55°C for 30 minutes and then wiped dry they show no sign of anthracnose as they ripen. This is very helpful when mangoes are to be marketed.

## **PRESERVING MANGOES**


Mangoes are a very valuable fruit. They are both very important for providing adequate energy in times of food shortage and also for vitamins, especially Vitamin A. However mango trees tend to produce many more fruit than can be used in the season, and when there are many they are difficult to sell, so many fruit are often wasted. By preserving the fruit, the benefits from mangoes can be extended throughout a longer period, and the products are easier to sell.



## **DRYING MANGOES**

Dried mangoes can make use of the energy in the fructose at a time when food is short. When there are many mangoes they are difficult to sell so many are wasted. If they are dried, they can be eaten later.

For selling dried mangoes need to look good, but for home or local consumption this is not so important. Simple drying of mangoes is not difficult: -

	<p><b>REAP,</b> <b>P.O. Box 21083,</b> <b>Ngong Road,</b> <b>Nairobi, 00505,</b> <b>Kenya</b></p>
<p><b>reapke@gmail.com</b></p>	
<p><a href="http://www.reap-eastafrica.org">http://www.reap-eastafrica.org</a></p>	

1. Chose mangoes that are ripe but not yet soft.
2. Peel the fruit.
3. Cut the flesh into strips just a few mm. thick.
4. Dry these in the sun as you would cassava, okra or sweet potatoes.
5. The dried mangoes are ready when they feel like rubber.
6. The dried mangoes can be stored in plastic bags if available. If not store them in pots or gourds with lids.

Since it takes time to cut the mangoes and the stones cannot be dried, drying mangoes can be combined with eating them, by cutting off the parts for drying and eating the flesh round the stones.

## **MANGO CHUTNEY.**

Green mangoes are often knocked off the tree and go to waste. Often children knock them down, take one bite and then throw them away. Chutney is a semi-sweet Indian preserve that is usually eaten with the main course to provide a more interesting flavour. It is easy to make from green mangoes and is a good way of using them. Green mango chutney can be made very simply: -

1. Put three cups of vinegar and three cups of sugar into a pan and heat until the sugar has dissolved.
2. Peel the green fruit.
3. Cut the flesh into small cubes or slices until you have about ten cups full.
4. Add the cut fruit to the pan with one cup of chopped onions if available.
5. Boil for 20-30 minutes, stirring occasionally.
6. When the mangoes are soft add salt pepper, chopped mint and two teaspoons each of ground ginger, cinnamon and any other spices that you like.



More sugar can be added if it is still rather runny. Allow to cool a little before bottling in clean jars. The same recipe can be used for almost any unripe fruit. Green tomatoes make excellent chutney.