



Mango (*Mangifera indica*)

- Mango is very rich in vitamins A and C
- Many good varieties of mango are available in Kenya, with different harvesting seasons
- Mangoes can be eaten fresh, dried, and processed into juices, jam, and sweets
- Besides home consumption, there is a large local and international market for mangoes

Cultivation of mangos (diversity) trees, agronomic and management

- Mango can be cultivated in a wide range of agricultural landscapes (from humid to semi-arid, from coast to midlands [up to 1600])
- Quality planting material (grafted) is important for good production/ high yields.
- Good management of the tree is essential which includes fertilizer application, pruning, and pest and disease management
- **Fertiliser:** farm yard manure, kitchen ash (left from cooking), mulching, and commercial fertiliser.
- **Pruning:** keep the crown of the tree light and open by 'training' some main branches, select a few main ones and remove smaller ones.
- **Pests:** main mango pests are fruit fly and mango weevil. These can be managed by removing and disposing all infected fruits from the tree and under the tree (keep everything clean). There are pest management

option available such as fruit fly traps and spraying insecticides

- **Diseases:** Antracnosis and powdery mildew, both are caused by a fungus and are mainly controlled by spraying fungicides, in certain intervals. (Contact your local agrovet for further details)
- **Harvesting:** Good harvesting practices are necessary, Mangos should not be removed from the tree by beating with a stick and dropping to the ground. They should be picked by hand and if possible best to harvest with some stem attached to fruit. This reduces the latex which can cover the fruit if incorrectly harvested.





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- Good postharvest handling should involve storage in boxes/ crates rather than sacks to avoid bruising

Varietal diversity

- Local varieties are highly valuable as they do not require much management and inputs, can deliver high yields, are very juicy, aromatic and nutrient rich.
- Seasonality can be addressed: there are more than 80 mango varieties available in Kenya, however, very few are known to farmers. This variability should be much better made use of because it can provide, early, intermediate and late maturing varieties to extend the mango harvest season up to 4-5 months (depending on combination of varieties grown)
- Different use categories: This diversity of varieties also offers the selection of the most suitable ones for different end uses such as fresh markets, export markets, value addition such as juice making and drying.
- Different nutrient content: Due to the variation, there are differences in nutrient content in the different varieties

Nutrition

What are nutrients and why are they important?

Nutrients are the nutritious components in foods that the body needs to grow strong and healthy. A diverse and balanced diet contains a range of nutrients, all of which play an important part in keeping our bodies healthy.

- Mango is rich in vitamins A, C and B6.
- Vitamin A is important for good vision and a healthy immune system.
- Vitamin C strengthens the immune system and provides for good health.
- Vitamin B6 is good for the immune system and for pregnant women and young children for healthy development.
- In addition to vitamin C and many more nutrients in mango, it also contains easily available food energy for boosting an active lifestyle.

- The vitamin C content of mango is almost similar to that of oranges.
- There is a high variation in Vitamin A content in mangoes. In general, the more 'orange' coloured the flesh of the mango is, the higher the Vitamin A content.
- Eating mango is very valuable for nutrition and health of both children and adults and be enjoyed as part of the daily diet. Mango can be eaten regularly/daily fresh or processed.

Products, value addition and income generation

- Mango is very versatile and can be used for juice and jam making, and also for drying.
- Value addition to mango can provide additional income generation and extend the shelf-life of mango [and reduce post-harvest loss and wastage during mango harvesting season].
- If you are interested in making mango products for home consumption and sale, seek advice from those who know the necessary equipment, methods and hygiene requirements.



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