Gary Crawford: [00:00:00] And Now!

Gary Crawford: [00:00:02] We are out here right off the Mall in Washington D.C. at the Agriculture Department farmer's market at what they call the VegUcation tent with the chief Veg-U-cator Laura Popielski. But in my mind we have problems here. First we're not highlighting a vegetable at all but rather a fruit that's got me a little off. Now the fruit is of course.

Music: [00:00:20] Mongo!

Gary Crawford: [00:00:20] My own. Did you hear that Laura. He said Mongo. But then there are those who say.

Music: [00:00:27] Mango!

Gary Crawford: [00:00:27] Mango? Mongo? The whole thing is driving me crazy?

Laura Popielski: [00:00:31] Are you going to be OK Gary.

Gary Crawford: [00:00:33] NO I'M NOT OK.

Laura Popielski: [00:00:35] OK.

Gary Crawford: [00:00:35] Fine. All right.

Gary Crawford: [00:00:36] So how do you pronounce the things?


Gary Crawford: [00:00:42] All right. Stop it!

Laura Popielski: [00:00:44] I think just mangled the mango.

Gary Crawford: [00:00:45] Yes you did but we got to get on with this. A mango.

Laura Popielski: [00:00:49] Mango.

Gary Crawford: [00:00:50] Mango then is a tropical fruit grows on a big tree. There are 160 varieties of them. Probably that many ways to pronounce them. World production has grown to over 25 percent in just the last seven years. The average American back in the year 2000 was eating 1.7 pounds of mangos. Two days over 2.7 and rising. But still most of us have never tried them. Many of the types we see at the store they look like a potato really in size and shape but they're a yellow color so. Laura are there tips to picking good ones at the store?

Laura Popielski: [00:01:18] The color does not indicate the ripeness. The feeling of it. You're going to look for one that isn't real soft. You want one that gives a little bit when you squeeze it but you don't want it to feel real mushy either because then it's over ripe and it'll be really hard to cut.

Gary Crawford: [00:01:34] But Laura says if you buy really hard ones they will write them on the shelf at home. Or if you buy them ripe ready to go then what?
Laura Popielski: [00:01:40] Store them in the fridge for about five days and they won't ripen anymore.

Gary Crawford: [00:01:44] Now if this is your first encounter you might be a good idea to go online find one of the videos that show how to safely and efficiently cut mangoes. But when you've got that down the list of ways to use them is endless.

Laura Popielski: [00:01:57] In the Caribbean. Mangos are popular street food. They'll peel the mango. Put it on a stick and people put a different savory or spicy topping on it. So today at the market we have salt and pepper, lime hot sauce, cumin and we have cayenne pepper. So you could try to dress your mango in a way that maybe you haven't tried before.

Gary Crawford: [00:02:17] I'll dress it. Yes. You know naked mango might set tongues wagging.

Laura Popielski: [00:02:21] So maybe you want to chill them and dip them in chocolate. Also a little bit of ground coffee mangoes and ground coffee is a very neat flavor composition.

Gary Crawford: [00:02:30] Laura you really sound like you'll love these mangoes.

Laura Popielski: [00:02:33] Oh definitely I will continue to evangelize mangoes all the days of my life.

Gary Crawford: [00:02:38] Days of your life. Very dramatic. And for more great mango recipes.

Laura Popielski: [00:02:43] Mango!

Gary Crawford: [00:02:44] Mango recipes go online. What's cooking. USDA and type in.


Gary Crawford: [00:02:51] So Laura it's time for us to...

Both: [00:02:54] MAN-Go.