

Guidelines for Preserving Mangos

There are several ways to preserve mangos: canning, freezing and drying.

Anytime we preserve food we should start with products that are at their peak of quality. Do not use over-ripe products. Gather or purchase only as much as you can handle within 2 or 3 hours. Wash the product carefully, small amounts at a time. Use clean water for each batch. Do not let the food soak; it will lose flavor and nutrients. The cleaner the raw foods, the more effective the canning process. Do not can decayed or damaged food items.

Canning:*

When canning mangos most approved recipes call for green, slightly under-ripe or just-ripe mangos. This is due to the pH level of the fruit. *So Easy to Preserve* has directions for Mango Sauce, Green Mangos, Mango Chutney and Mango Salsa. The Ball® Canning and Preserving Recipes offer a Mango Chili Jam and Mango Strawberry Peach Freezer Jam. Although the pH level of green, under-ripe or just ripe mangos is adequate most recipes have added acids.

There are no approved recipes from the National Institute of Food and Agriculture, U.S. Department of Agriculture (NIFA-USDA) for canning ripe mangos as an individual fruit due to unknown pH levels, lack of studies determining how to acidify them, and browning issues when studies were conducted.

The best way to preserve ripe mangos is freezing.

Freezing:*

Select firm, ripe mangos that yield to gentle pressure. Wash, peel and slice. These slices can be packed in syrup, tray packed or pureed. Syrup pack and puree require headspace for expansion. Tray packed fruit is stored in sealed containers after freezing.

Drying:*

Fruit pieces

Directions for drying ripe mangos: <http://edis.ifas.ufl.edu/he625>

Mango leather

Select ripe or slightly over-ripe skin on fruit. Wash in cool water, cube into chunks and puree until smooth.

Lemon juice or ascorbic acid may be added to prevent darkening. Adding corn syrup, honey or sugar is optional. Corn syrup or honey is best for longer storage because it prevents crystals. Sugar is fine for immediate use or short storage.

Fruit leathers can be dried in a dehydrator, an oven or in the sun.

Fruit leathers can be kept up to 1 month at room temperature or up to 1 year in the freezer if tightly wrapped.

*Always use food preservation guidelines and recipes from Cooperative Extension state publications such as *So Easy to Preserve*, the National Center for Home Food Preservation website or food preservation equipment producers/companies. The National Center for Home Food Preservation is your source for current research-based recommendations for most methods of home food preservation. The Center was established with funding from the National Institute of Food and Agriculture, U.S. Department of Agriculture (NIFA-USDA) to address food safety concerns for those who practice and teach home food preservation and processing methods.

To order *So Easy to Preserve* go to: <http://setp.uqa.edu/>

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