

# MANGOSTEEN



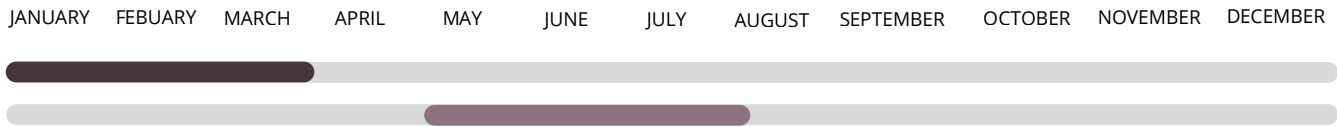
*The mangosteen comes from the mangosteen tree; a flowering tree native to Southeast Asia that can reach up to 25 meters in height. The shell of the fruit forms a small, dark purple round fruit when ripe, with a juicy, sweet, and fibrous white flesh inside. It weighs between 50 and 150 grams and when peeled, its flesh is divided into 5 to 8 quarters. Its taste is complex because it has aromas of peach, pineapple, raspberry, orange and banana all combined. In some cultures, it is considered as the "King" of fruits.*

## AVAILABILITY AND PROVENANCE

### PROVENANCE

COLUMBIA

MEXICO



## TARGET CUSTOMER: ASIAN

## OPTIMAL TEMPERATURE FOR CONSERVATION

13 °C for 3 – 4 weeks.

## PURCHASE GUIDE

Select fruit with a deep purple or crimson rind, as this indicates ripeness. Avoid those with green spots and opt for those with smooth, shiny skin that feels heavy for their size. This guarantees that they will be juicy and tasty.

## CONSUMPTION

The fruit is delicious raw, but many use it in jams, sorbets, juices and salads. Its white flesh is small, juicy and fragrant and goes well with many flavors, but it oxidizes quickly when it is left out. In order to know if the fruit is fresh, the outer shell needs to be a little soft when you press on it. If it is hard as a rock, the fruit is no longer fresh.

## NUTRITIONAL VALUE

The mangosteen is rich in carbohydrates, vitamin C, calcium, magnesium and potassium. It is also the fruit that represents one of the highest levels of antioxidants.

