

## Poem Under The Mangoes By Jacqueline Bishop

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generally ripe mangoes have an orange yellow or reddish peel and are juicy for eating while exported fruit are often picked while underripe with green peels although producing ethylene while ripening

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feb 21 2024 we are going to cover a wide variety of mangoes from all over but to start things off i wanted to note the mangoes you can get in the us florida california hawaii and puerto rico all

mangoes are rich in vitamin c a water soluble vitamin that produces collagen and keeps our skin bones and connective tissues healthy vitamin c also has powerful antioxidant properties which

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