

Miyazaki's Famous Mangos

「宮崎の特産品」

Miyazaki Prefecture is blessed with bountiful natural resources, such as a warm climate and fertile soil. There is also a wealth of delicious food and drink in the prefecture, with such local specialties as Miyazaki Beef, shochu, caviar and kumquats. In this month's *Living In Miyazaki*, we'd like to introduce you to something that stands out even among Miyazaki's delicious regional specialties: Mangos!

What's Unique About Miyazaki's Mangos:

Miyazaki mangos are in season from approximately April to August. They are prized for their high quality, even among the several mango-producing regions in Japan, and now they are so well known that it is popularly thought that, in a word, "Mangos = Miyazaki". The secret to their deliciousness is that the farmers that grow them devote a lot of time and effort to their cultivation, and wait to harvest them when they are at their most delicious – that is, when they are perfectly ripe and fall naturally off of the branch of the tree – and get them straight to the market.

The Nutritional Benefits of Mangos:

Mangos are rich in vitamin C and potassium. Potassium helps to remove sodium from the body, so it is said to be effective in preventing high blood pressure. Mangos are also rich in beta carotene, which is converted by the body as necessary into vitamin A, and is useful for preventing the onset of various lifestyle-related diseases. Mangos also contain digestive enzymes, which are known to aid digestion in the body.

However, since the mango tree is a member of the lacquer tree family, the skin may contain a substance called urushiol, which can cause a rash in some people. If you have sensitive skin, please be careful when eating mangos.

A Basic Guide to Preparing and Eating Mango:

- ① Lay the mango down on its side and cut it horizontally into three equal parts along the sides of the long, flat stone to remove it.
- ② Cut horizontal and vertical lines into the flesh of the two outer pieces to make a grid pattern. Be careful not to cut through the outer skin of the mango
- ③ Turn the pieces skin-side down, then push the skin from underneath with your hand to turn it inside-out.
- ④ This should make the squares you cut into the flesh stick out.
- ⑤ Finally, peel the skin off the central piece and eat around the stone.



Miyazaki mangos are expensive, but if you get the chance, please do try and experience this signature flavor of Miyazaki!

If you have any questions, comments or suggestions about this column, please contact the Miyazaki International Foundation:

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If you have any worries, questions, concerns or anything you would like to talk about in your daily life here in Miyazaki, feel free to contact the Miyazaki Support Center for Foreign Residents any time:

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