



Chef Peter Edwards shares recipes and tips for enjoying mangos' tropical sweetness Freska Produce talks mangos on Lifetime Show 'The Balancing Act'

Mango consumption is one of the fastest expanding produce categories in America and currently the number one eaten fruit throughout the world. To promote this popular fruit, the leading expert and supplier of mangos, Freska Produce, is making an appearance on Lifetime Channel's morning show, The Balancing Act.

The segment is scheduled to air on April 9 and May 14, and features Freska representative Chef Peter Edwards, who is also the Executive Chef at Watermark restaurant in Ventura, California. Chef Edwards offers tricks for knowing when a mango is ripe and methods for proper slicing, as well as tasty mango recipes.

"Mangos are very nutritious and considered a super food," says Freska co-founder Gary Clevenger. "They are easy to prepare in a dish, which makes using them in your everyday life and in any meal interesting and delicious."

The mango's fruit is called a drupe, which consists of an edible fleshy outside and an internal woody pit, and is tastiest when ripe. Mangos are high in Vitamin A and C, provide a substantial serving of dietary fiber and over 20 different vitamins and minerals. The tropical fruit is also free of sodium, cholesterol and fat, making them a great daily addition to any healthy diet.

Freska Produce is the leading supplier of mangos and offers year-round availability, which is quickly growing in demand throughout North America. Freska Produce provides five different varieties: Hadens, Tommy Atkins, Atualfos, Kents and Keitts. Each variety has its own specific sweetness and all offer a wealth of nutritional benefits. Freska's website, <http://www.freskaproduce.com>, provides informational videos detailing how to properly eat a mango and prepare mango recipes.

"There are numerous mango varieties all over the world," continues Clevenger, "the ones we provide are the most popular in the United States. People are becoming more familiar with the fruit and learning how to enjoy the tropical flavor in their favorite meals."

About Freska Produce

Freska Produce International, LLC has over 55 years combined industry experience and was established in August 2004 with the sole purpose of sourcing the freshest mangos from around the world. Their year-round availability offers consistent supplies and no seasonality of their mangos.

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