

Horse Mango

Mangifera foetida/ Mangifera horsefieldii

Common names	Bacang, Grey mango, Limus, Mamut, Macang, Pahu, Svaay sââ, Thayetpoh, Xoài hôi.
Origin	Native to south Asia or the Malay Archipelago. It belongs to Anacardiaceae family.
Description	Bacang is a species of mango that has a strong, sour turpentine-like smell and taste.
Growth Habitat	Bacang trees grow well in tropical areas with abundant rainfall evenly distributed over the year.
Foliage	The leaves are oval to lanceolate, 15-40 cm long, and 9-15 cm wide, dark green above and light green below.
Flowers	The flowers are reddish-pink, 5-merous and scentless.
Fruits	Bacang fruit are variable in size and shape. Oblong to spherical, with thin skin which is a dirty, dull green to a yellowish colour with spots. The flesh is yellow to orangey-yellow, fibrous, and juicy with a strong turpentine scent and flavour.
Soil	Any well-drained soil of pH 5.5 to 7.5 of moderate moisture and avoid wet soils. Deep soil is preferable because of extensive root systems.
Pruning	Healthy trees require little pruning, although pruning to stimulate new growth promotes uniform annual bearing. Sap and debris can cause severe dermatitis, similar to poison oak. It is best to avoid burning prunings or litter.
Fertilization	Mango trees require regular applications of nitrogen fertilizer to promote healthy growth flushes and flower

	<p>production. Chelated micronutrients, especially iron, are also often necessary. Organic fertilizers perform best, since the trees are subject to fertilizer burn. Young trees are particularly sensitive to over-fertilizing, but respond well to fish emulsion. Sandy soils require more fertilizer than loam or clay.</p>
Propagation	<p>Propagation is by seed. The seedlings require a lot of moisture and a fair amount of shade.</p>
Harvest	<p>The fruits are harvested during the rainy, tropical season from October to December.</p>
Nutritional Properties	<p>The pulp of horse mango fruits which constitutes 65% of total weight, contains water 72.5%, protein 1.4%, carbohydrates 25.4 % and 21 mg calcium 15 mg phosphorus, 0.03 mg thiamine, 0.218 mg B-carotene equivalent and 56 mg vitamin C per 100 g of pulp.</p>
Health Benefits	<p>Mango fruit is rich in pre-biotic dietary fiber, vitamins, minerals, and poly-phenolic flavonoid antioxidant compounds. According to new research study, the mango has been found to help protect against colon, breast, leukemia and prostate cancers.</p> <p>Fresh mango is a very rich source of potassium. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. It is also a very good source of vitamin-B6 (pyridoxine), vitamin-C and vitamin-E. Consumption of foods rich in vitamin C helps body develop resistance against infectious agents and scavenge harmful oxygen free radicals. Vitamin B-6 or pyridoxine is required for GABA hormone production in the brain. It also controls homocystiene levels in the blood, which may otherwise be harmful to blood vessels resulting in CAD and stroke.</p>

Some specific health benefits of the mango:

1. **Lowers cancer risk.** Mangoes contain a soluble dietary fiber called pectin. The pectin decreases the action of a protein called galectin 9 that is present in cancerous cells and plays an important role in cancer. The possibility of cancer in the gastrointestinal tract can be reduced by the intake of fiber. A compound in mangoes, known as lupeol is said to suppress the tumor cells of prostate cancer.

2. **Digestion.** Mango contains an enzyme which is said to help in digestion. Esters, terpenes and aldehydes are some of the bio-active ingredients present in the mangoes, which are said to increase appetite and also improve digestion. Eating a mango after a meal helps eliminate problems like indigestion and acidity.

3. **Lower cholesterol.** Mangoes contain a large amount of pectin, a soluble dietary fibre that efficiently lowers the blood cholesterol levels. Pectin also prevents you from having prostate cancer. The portion originating from pectin combines with galectin 3 (a protein playing significant role in all stages of cancer).

4. **Cures anaemia & helps in pregnancy.** Mangoes are rich in iron, so they are beneficial for people suffering from anaemia. Regular and adequate intake of mangoes helps to avoid anaemia by increasing the blood count in the body. Mangoes are also very beneficial for pregnant women as a natural source for iron, an essential mineral.

5. **Cures acne.** Mangoes are related with skin beautification, and is used as an ingredient in face masks, especially freshly homemade ones. Other than bringing a glow to your face, this fruit also helps to lighten skin colour. Mangoes also treat acne effectively as they open the clogged pores of the skin.

	<p>6. Brain Health. Mangoes have abundant quantities of vitamin B6 for maintaining and improving brain function. These vitamins aid in the amalgamation of the major neurotransmitters that contribute in determining the mood and modification of sleeping patterns. Glutamine acid content in mango improves concentration and memory power.</p> <p>7. Body immunity. Mangoes are also rich in abundant quantities of beta-carotene, a carotenoid. This element helps in enhancing and strengthening the immune system. Vitamin A is an antioxidant and provides protection against the innumerable free radicals that can harm your internal system.</p>
<p>Commercial Uses</p>	<p>The juice of the unripe bacang fruit is considered poisonous and can irritate the lips, mouth cavity and skin. Soaking the fruit in salted water can remove the poison. The unripe fruit, washed in salted water and sliced can be used in vegetable salads ('rujak') and in a sour pickle ('asinan'). In Borneo, especially in East Kalimantan, the fruit commonly replaces tamarind as a sour ingredient to make sambal. In Malaysia it is used to make chutneys as well as pickles. Timber: The wood is not durable, but is suitable for light indoor constructions, temporary constructions and plywood. Streaked heartwood is suitable for the manufacture of furniture. Medicine: The leaves are said to be antipyretic (to prevent or reduce fever) and the seeds used against trichophytosis (a fungal infection), scabies and eczema. Other uses: Orang Asli in Peninsular Malaysia reportedly used the sap to deepen tattoo scars.</p>
<p>Food Suggestion</p>	<p>Bacang Fruit Salad</p> <p>In a fruit bowl, mix 10 slices of cucumber, 10 bite-sized pieces of pineapple, 10 slices of mango, 3 chili padi sliced and juice of 1 horse mango. Mix and add salt and pepper to taste.</p>