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World's Most Expensive Variety of Mango: Miyazaki

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Miyazaki mango also known as Miyazaki Kajura mango, is a premium mango variety grown in the Miyazaki Prefecture of Japan. Miyazaki mango is also famously revealed as the "Egg of the Sun (Taiyo-no-Tamago)". In India, this type is recognized as 'Red Sun'. This mango variety is renowned as the most expensive mango in the world. Miyazaki mangoes trace their origins back to the "Irwin" mango variety, developed in the 1940s in Florida. In the 1980s, Japanese cultivation efforts transformed these mangoes into uniquely sweet and flavorful varieties, leading to their widespread popularity. Source: The Times of India



Characteristics of Miyazaki Mango

- **Appearance:** Miyazaki mangoes exhibit an oval shape and come in medium to large sizes. In their immature stage, Miyazaki mangoes are deep purplish-green, transforming into a vibrant ruby red color as they reach full maturity. The mango has a thin and smooth skin, which allows for easy peeling. Each individual fruit weighs more than 350g and 15% more sugar content.
- **Texture:** Miyazaki mangoes flesh incredibly soft, smooth, juicy and having flesh with a creamy texture that melts in the mouth, offering a delightful eating experience.
- **Flavor:** Possessing a sweet and aromatic taste. Achieve an impeccable equilibrium between sweetness and acidity.
- These mangoes are abundant in antioxidants and contain **beta-carotene and folic acid**, making them excellent for individuals seeking relief from tired eyes.

Why most Expensive?

This variety of mango is most expensive because of its various characters but most important is rigorous growing condition that means it necessitates particular weather conditions and meticulous farming methods. And the international acclaim for Miyazaki mangoes stems from their outstanding quality. Their esteemed status as a luxurious fruit amplifies their market value. These mangoes have been auctioned for as high as Rs 2.75 lakh per kilogram. The demand for these mangoes is expected to rise in India due to their excellent shelf life of 10-15 days, making them suitable for export.

In India also few people start growing them under high security. A couple in Madhya Pradesh has employed security guards and trained guard dogs to safeguard an exceptionally rare crop in India. And in Odisha's Kalahandi district, a farmer has successfully cultivated the world's most expensive mango variety, 'Miyazaki,' in his orchard and many more people.

Nutritional Content of Miyazaki Mango: 100g of Mango

S.No.	Nutrient	Concentration
1.	Energy	60kcal
2.	Carbohydrates	15g
3.	Protein	0.82g
4.	Dietary Fibre	1.60g
5.	Folates	53ug
6.	Niacin	0.669mg
7.	Pantothenic Acid	0.197mg
8.	Pyridoxine(V-B6)	0.119mg
9.	Riboflavin	0.038mg
10.	Thiamine	0.028mg
11.	Vitamin C	36.4mg
12.	Vitamin A	1080IU
13.	Vitamin E	0.9mg
14.	Vitamin K	4.2ug
15.	Sodium	1mg
16.	Potassium	168mg
17.	Calcium	11mg
18.	Copper	0.111mg
19.	Iron	0.16mg
20.	Magnesium	9mg
21.	Manganese	0.063mg
22.	Zinc	0.09mg
23.	Carotene-B	640ug
24.	Carotene-A	9ug
25.	Crypto-xanthin-B	10ug
26.	Lutein-zeaxanthin	23ug
27.	Lycopene	3ug

Source: Daily one fruit (Articles on Fruit)

Health Benefits

Consuming Miyazaki Mangoes regularly can significantly contribute to fortifying the body's natural defense mechanisms against these life-threatening diseases. Their combination of carotenoids and diverse antioxidants provides a holistic approach to cancer prevention, making them not only a delicious treat but also a powerful ally in promoting overall health and well-being.

Furthermore, these mangoes boost the immune system, ensuring the body's ability to ward off illnesses effectively. They promote deep and restful sleep, facilitating quality rest. Miyazaki Mangoes also contribute to eye protection and the maintenance of a healthy cardiovascular system due to their abundant magnesium and potassium content. Their high iron content aids in reducing anemia, while the presence of Vitamin C strengthens hair and skin. Moreover, the mangoes are a rich source of Vitamin B, which supports liver health. Additionally, they play a role in improving the digestive system, enhancing overall bodily functions. Regular consumption of Miyazaki Mangoes thus leads to a comprehensive enhancement in overall health, vitality, and immunity.

Cultivation Practices

This variety of mango crop thrives in warm weather and abundant sunshine, complemented by consistent rainfall. This mango variety is accessible from April to August, reaching its peak during the months of May and June. Each fruit must be wrapped in a net bag and left suspended on the tree. This practice is followed because growers believe that if the fruit is handpicked, its quality and nutrient levels will deteriorate.



Source: India Today

To achieve premium quality and maximum production, these mangoes should be cultivated in a poly greenhouse. Typically, 80% of the fruit buds are pruned, allowing only a select few fruits per plant to remain. This practice ensures that the retained fruits grow larger in size, as the plant's nutrients are concentrated solely on these chosen fruits. In the early stage of development, the fruits are encased in plastic nets and hung from wires suspended from the greenhouse ceiling. This setup ensures that every part of the fruit receives sunlight exposure. Additionally, a reflector placed at the base of the fruit promotes the consistent development of a red color.

Marketing of Miyazaki Mango in India

- In Kolkata, West Bengal, a company named Farina Nursery sells a product called Miyazaki Mango Plant, priced at Rs. 1,350 per piece, excluding transportation costs.
- In Basirhat, Kolkata, West Bengal, a company called K. G. N Food & Beverages offers a product known as the Full Sun Exposure Green Miyazaki Mango Plant for outdoor, priced at Rs. 1,200 per piece.

Conclusion

The Miyazaki mango variety originates from Japan and is cultivated in Miyazaki city. The Miyazaki mango stands out as the most expensive mango variety, distinguished by its exceptional 15% higher sugar content, delightful flavor, and impressive shelf life of 10-15 days. To meet these characteristics, stringent growth conditions are maintained. Consuming these substances can greatly benefit our body and enhance our overall well-being. They promote cancer prevention, balance cholesterol levels, rejuvenate your skin, support ocular health, maintain an alkali reserve in your body, regulate insulin levels, aid digestion, and boost your immune system. In the international market, the price of this mango soared to 2.70 lakh per kilogram.

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