

Write a paragraph in about 100 words on the topic 'Mango - the nation fruit of India'

Mango is the national fruit of India which is loved by all. It is a very juicy and delicious fruit. Mango is a rich source of various vitamins and minerals. It is known as the king of fruits and comes in various shapes and sizes. It grows extensively during the summer season across various parts of India. There are a huge variety of mangoes which are cultivated in India like Alphonso, Dasheri, Banganapalli, Langra among others. In addition to its taste, the fruit has many nutritional and health benefits too. Ripe mangoes can either be consumed raw or in the form of juice, jams, milkshake or pickles.