



HOME - MOUTHWATERING MANGOES OF NEVIS

FOOD

## Mouthwatering Mangoes of Nevis

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Adam Waxman is an award winning travel journalist focusing on...

**H**ealthy eating and living an active lifestyle have become increasingly important over the last few years. For those looking for a snack that is great in both taste and nutrition, mangoes are a great choice! Full of rich vitamins and minerals, mangoes are an amazing way to satisfy your cravings without sacrificing your health.

With some of the most beautiful beaches and picturesque scenery, Nevis is rich in both beauty and culture. Due to the fertile soil and land conditions, Nevis is the ideal location for the growing of succulent, delicious mangoes. With 44 different official types of mangoes and thousands of mango trees, Nevis is a mango lovers' paradise!

[The annual Mango Festival in July](#) embraces the natural surplus of mangoes on the island. Some mango inspired dishes from the past are local **Chef Erika Berecia Stapleton's** chicken mango skewers with a mango glaze. **The Chefs Mango Feast** sits as one the main events of the festival, featuring some of the Caribbean's most talented chefs. With time crunches and mystery baskets on their hands, the chefs will bring their imaginations to life to create a magnificent and delicious dish! **Celebrity UK Iron Chef Judy Joo** is a familiar face at the festival, often teaching masterclasses and serving as a judge for competitions.

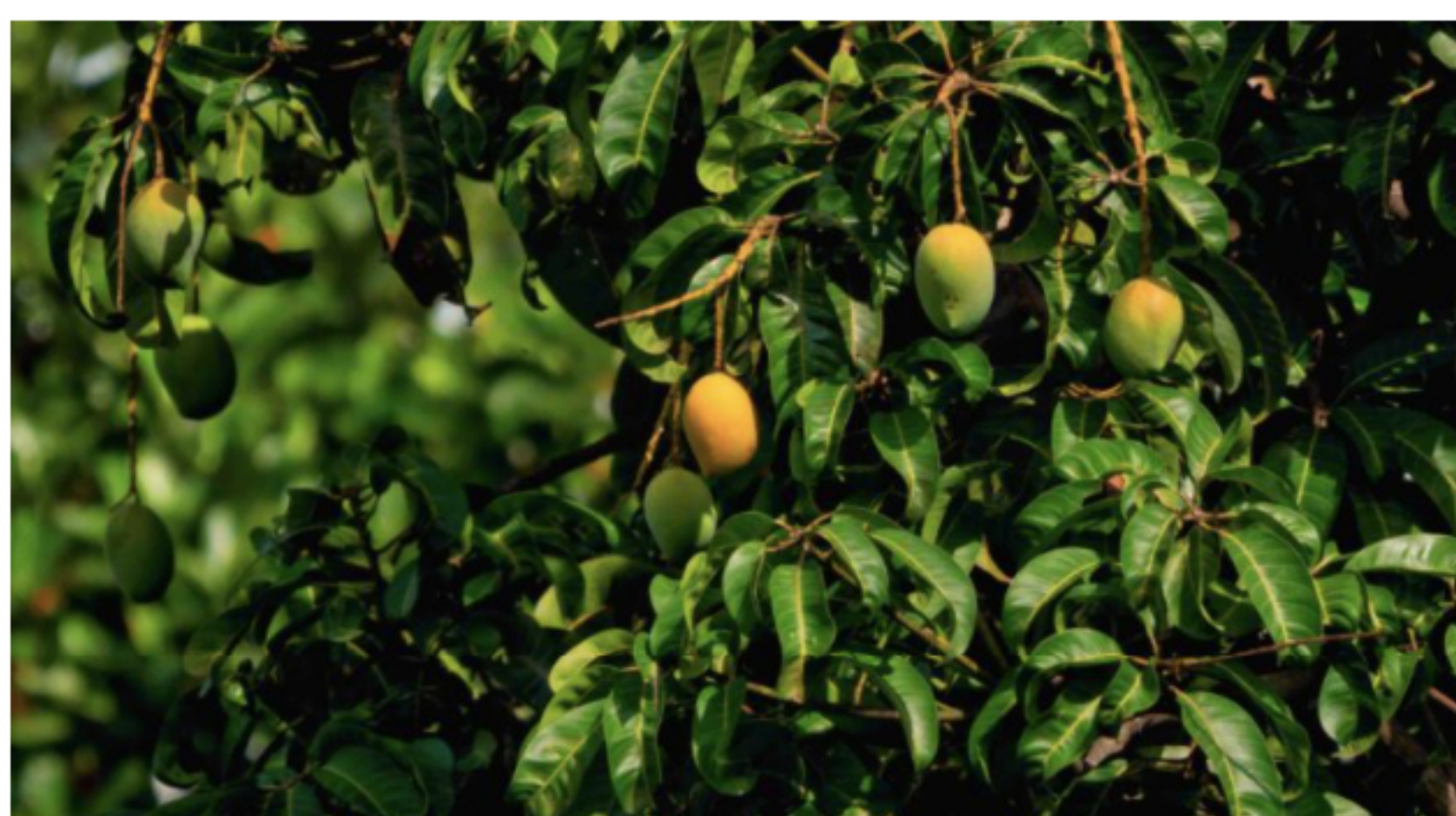


Photo by Rajendra Biswal on Unsplash

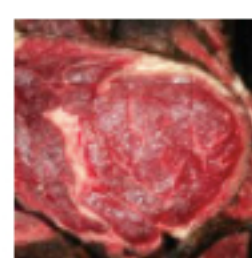
While you're enjoying the delightful mangoes the island has to offer, you can [experience the lively and energetic Nevis Culturama](#). Culturama is another amazing event taking place during the month of July, embracing all the fantastic aspects of Nevisian culture. There are different activities such as beauty contests, parades and street fairs scheduled throughout the entire month. The event acts to commemorate the emancipation of slaves during the 1830s and celebrate the rich Caribbean culture of the island.

The vibrant culture of Nevis mixed with a bountiful amount of fresh mangoes is the perfect blend for creating unforgettable memories. The month of July acts as a symbol of creativity and cuisine, with visitors getting the unique experience of celebrating the history of Nevis while satisfying their cravings with a healthy delicious snack. With all these amazing opportunities plus gorgeous beaches, visiting Nevis is what we call a win-win scenario!

Wondering what to do with your ripe mangoes? We've got you covered, [click here for a delicious and easy-to-make recipe for a mango pie recipe](#).



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### About Nevis

Nevis is part of the Federation of St. Kitts & Nevis and is located in the Leeward Islands of the West Indies. Conical in shape with a volcanic peak at its center known as Nevis Peak, the island is the birthplace of the founding father of the United States, Alexander Hamilton. The weather is typical of the Caribbean for most of the year with temperatures in the low to mid-80s°F / mid 20-30s°C, cool breezes and low chances of precipitation. Air transportation is easily available with connections from Puerto Rico, and St. Kitts. For more information about Nevis, travel packages and accommodations, please contact the Nevis Tourism Authority, USA Tel 1.407.287.5204, Canada 1.403.770.6697 visit [www.nevisisland.com](http://www.nevisisland.com) and on Facebook – [Nevis Naturally](#).

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