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# SWEET delicacies of SUMMER

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PHOTO: SAZZAD IBNE SAYED  
BACK FROM CHAPAI NAWABGANJ



বাজার  
রবিয়াল্যাক  
No. 1  
PAINT  
SELLING  
BRAND

পাঁচ দশক ধরে দেশজুড়ে  
সবার আস্থার শিখরে বাজার রবিয়াল্যাক।  
তারুণ্যে ভরা অনন্য এই রঙে রাঙিয়ে যাব দেশ একসাথে।



# On a Bangladeshi Mango Trail

This week Star Lifestyle makes a journey that traces the routes of a mango, from the orchard to the wholesale market, and finally to the shops in the city. Our journo's take on this unique trip visiting the heartland of the Bangladeshi mango

production, and bringing you stories that are as tangy as the mangoes they describe.

Keep an eye on the pages of Star Lifestyle in the coming weeks for more on this delicious fruit.



EID UL ADHA/22



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ঐতিহ্যের আর এক নাম আধুনিকতা  
ঠিক যেমন রূপচর্চার আভিজাত্য মানেই

# স্যান্ডালিনা সোপ

রূপচর্চার আভিজাত্য...



#FASHION & BEAUTY

# Best shoe trends for summer 2022

With the arrival of June, we find ourselves at the peak of summer. The rising temperature means that we constantly find ourselves shuffling through our wardrobe to find something comfortable, light, and airy. While sorting through clothes does not pose a big challenge, selecting the right footwear for summer can be rather tricky. While comfort remains our top priority, we do not recommend compromising style in the process.

Let's take a look at the top trends in footwear for summer 2022.

### For the ladies

If you are a fan of everyday flats, then it's time to bring out the sandals. Strappy-toed sandals and lace-ups always make a cute combination with any outfit and there is nothing quite like the pairing of platform sandals with a pair of jeans.

Although elevated sandals may have earned a mixed reputation in the past, they are making it big this summer with international top celebrities and influencers sporting them with abandon.

Another style you can experiment with this summer are clogs. The essence of this footwear lies in its wooden sole and when



combined with bright summer colours, they are almost unexpectedly cute.

Much like platform sandals, platform heels are quickly gaining popularity. Their elevated bottom lifts the toes so that it is better aligned with the heel, providing the comfort we seek in shoes.

If you are choosing bold over cute, we definitely suggest going for some strappy heels. Along with the all-time

trending black, slim straps in colours like turquoise, mustard yellow and sea green can give you a 90s chic look.

### For the gentlemen

Men footwear designs are mostly focused on practicality but they do have their variations.

Moccasins are one of the top trends this year. Majority of the fashion footwear collections seem to be bringing them back with variation in colours to suit the taste of different age groups. Shoes with contrasting

soles or shoelaces are also making rounds in the fashion world for their classy yet versatile nature.

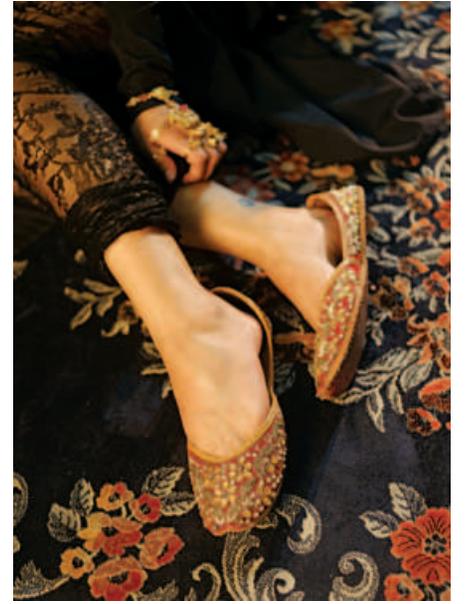
Military shoes are not quite as serious as they sound. Their corrugated soles with heavy rubber protectors make them a perfect wear for several seasons and the deep colour choice like black, mahogany, deep brown, etc. are perfect for formal occasions.

For a more casual day, you can always opt for old school sporty shoes or sneakers. They key is to not be afraid of experimenting with colours. With colours like deep purple, red, and mauve pink entering the mainstream and gaining popularity, 'go big' is definitely the fashion motto this time. Although crocks are a little off this season, flip flops are as popular as ever.

Urban sandals for men are in style on any spring, summer, and monsoon day. Sandals with wide straps come in both classic and neon colours and can be worn with almost any outfit. Their breathable design also ensures that your feet have a relaxed day.

However, if you are unsure of bare feet, feel free to get into yet another trend of wearing sandals with socks. Several designers as well as influencers are stepping out in this combination and this previously "weird look" is now the new cool.

**By Nusrath Jahan**  
**Photo: LS Archive/Sazzad Ibne Sayed**



#FASHION &amp; BEAUTY

# AYNAGHOR

## leather footwear by Sumaya Khan

Sumaya Khan, the name and creative brains behind the illustrious clothing brand, Sumaya Khan Couture, has diversified. Taking her apparel brand a notch further in the style game, the talented designer has recently launched her own handcrafted leather footwear collection, Aynaghor.

A shoe enthusiast and collector herself, Sumaya knew that if she had to expand her brand, she would definitely go into shoes.

"The interest was always there since I love shoes. But producing shoes from scratch was a very new and educational experience for me," says Sumaya Khan.

After a year of continuous learning on the job, Sumaya was finally ready with Aynaghor.

Aynaghor literally means a mirrored room and just like its name, the collection is designed in a way that makes women feel pretty and dressy, just like a flattering mirror.

A festive footwear collection, Sumaya maintains that Aynaghor does not go by any particular theme. However, her sleek and stylish sandals in soft, luxurious leather, embellished gold jutis, open-toed sandals with embroidery, pearl meshing or heavy stone work, and a whole lot of other classy and elegant designs are a delightful marriage between style and functionality.

Not a fan of fast fashion, Sumaya Khan believes in durability in her products, be it clothes or footwear. "I wear and test my shoes for a few months to know if they are comfortable enough and sturdy enough for my customers."

Simultaneously, the young designer is also doing her bit towards the environment and society. "Shoe-making is a dying art — our grandmothers probably used to wear custom-made shoes. But now, the artisans are old and this art will have no continuity



once they are gone."

To revive the almost-extinct skill, Sumaya made sure all the shoes in her collection were handcrafted. As a young entrepreneur, and a female one at that, Sumaya went through her fair share of problems.

"The artisans were rigid in their processes and would seldom be open to ideas. I could tell that they did not like being told what to do, especially by a woman. A man would have had an easier time getting them to comply." Learning the craft and the business was no small feat either but the determined and zealous businesswoman did not give up. "We don't have the effortless connection with our shoe-makers that we have with our tailors, for instance. So, understanding the art was difficult. I'm still learning."

As someone who is just wetting their feet in the shoe making line with this venture, Sumaya has received staggering response from customers. Until now, her shoe collection was being sold online but she has opened the doors of her own studio to her customers in Banani on 15 June, 2022.

Graciously sharing a sneak peek into her next collection, Sumaya mentioned bringing out boots for her winter shoe collection. "These will be traditional too, you'll see," she adds sneakily. The designer also plans to bring out a western shoe collection and a selection of pure leather bags to complement her clothes and shoes. If the quality and glam of Aynaghor are anything to go by, we can be sure that winter at Sumaya Khan Couture will be nothing short of extraordinary!

**By Munira Fidai**  
**Photo: Aynaghor, Sumaya Khan Couture**  
**The handcrafted leather footwear collection, Aynaghor, is available at Sumaya Khan Couture Road 18, House 15, Block A, Banani, Dhaka.**

#FASHION

# SEQUINS IN FASHION

## Shine on You Brilliant Thing!

All women everywhere are magpies at heart! Give us anything shiny, bright and brilliant and we are sold in a heartbeat! Glitter makes our hearts sing and sequins with all their sparkling glory hits right at the pleasure centres of our brains! For the longest time though sequins and all this shiny have been on the receiving end of relentless flak from naysayers who dismissed it as tacky and inelegant. Anything sequined would be deemed crass and unfashionable, unfit for polite society even where it'd raise many eyebrows and draw inevitable frowns from purists!

In the 80s, sequins were all the rage. Sequined jumpsuits were considered outfit du jour; rompers and bodysuits were also really hot. What's interesting to note is that in the decades since said sequined outfits would be a total fashion disaster; no one would even imagine being caught dead in such outrageous costumes. And here we are, at 2022, in a Covid-ravaged, post pandemic world where one must seize not the day but the very moment itself. Lo and behold, sequins are hot and how!

Not for the faint of heart, sequins can be quite a statement. When done right however, they can be chic, classy even. Thanks to talented designers who have given sequins a much-needed modern spin

(because we are all aware that nothing comes back in the same way) sporting sequins in all their glory has become fashionable and fun.

Let's start with the basics, shall we?

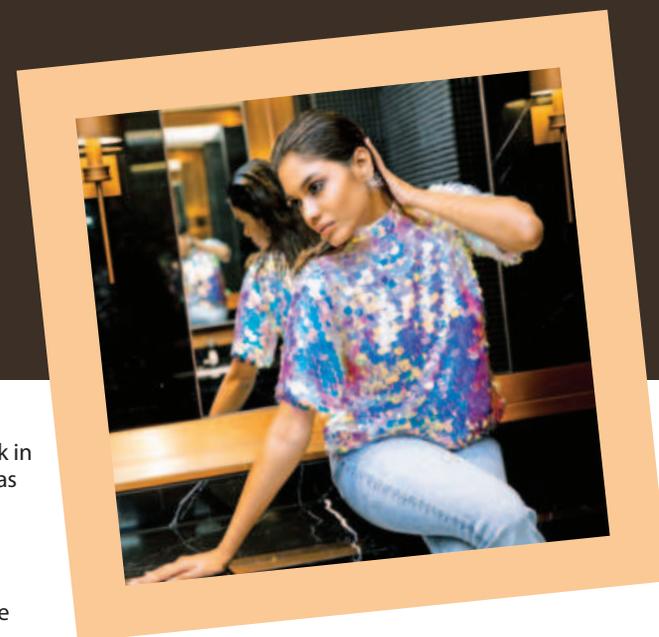
A sequined tank top paired with a sleek pencil skirt or palazzo pants is appealing and cool, while a sequined minidress is loaded with high-octane glamour.

If you are not afraid to take a risk the aforementioned sequined jumpsuit that's well-cut and elegantly tailored will look fabulous.

On the other end we have our very own cocktail sari, a glorious invention of maestro Sabyasachi, studded with a million tiny sequins that will bring the sparkle of the stars to your person! When worn with low-cut sleeveless blouse, a sequined cocktail sari is probably the appealing outfit ever.

If going to town with sequins is not quite your cup of tea then adding an element is also a great idea. Think of a sequined handbag or a pair of shoes will definitely add oodles of sparkle and shine to your look. A sequined hairband is another way to add some shine and shimmer too.

**By Sabrina N. Bhuiyan**  
**Photo: LS Archive/Sazzad Ibne Sayed**



#PERSPECTIVE



latter thus being more valuable. But there is truth to the variation in the quality of the fruits, so perhaps the trees don't mind.

Where everywhere else in the tropical Bangladesh, especially in the mid and north-west feels humid, stuffy and suffocatingly hot in the months of May through August, in a mango orchard, the abundance of the trees, with cools shade under their wide canopies, and sweet and rich aroma wafting through, it is pleasant as can be. Low-hanging fruit is not a colloquialism here, as ripe mangoes hang within the reach of a child's hand, the tree branches heavy with a bountiful produce, just soaking in the dazzling sun. Sometimes, the heavy boughs have to be propped up with the help of bamboos, to keep them from breaking or collapsing from the weight of the fruit.

The mid and north-west are not known for the frequency of rivers, but you will come across ponds and dighis every now and then. But none of these are inside the orchards... but there are wells, and in modern times, deep tube wells. Anybody who has enjoyed the childhood joy of hanging on to the handle of a tube well and see the water flow, will forever remember the delight. The tube wells sat in the middle of the orchards, nestled between gigantic trees with dense leaf cover and thus, the cool shade underneath, are a sure-fire way of reliving that joy. After indulging oneself in the deliciousness of the ripe mangoes, a long draft of the cold water from depths of subterranean aquifers, fresh and earthy, is just the right thing to cut down the heat. A perfect pairing of mother earth's simple yet timeless bounties. Those less scrupulous about public appearances are advised to douse themselves with the water too, it feels heavenly, believe you me.

To eat a perfectly ripe orange mango fresh off of the tree, juice running down your hands, the environment wholly imbued with the sweet mango fragrance should be a bucket list experience for any mango devotee.

By Sania Aiman back from Chapai Nawabganj  
Photo: Sazzad Ibne Sayed back from Chapai Nawabganj

Star LIFE Style

Mangoes might feel like just another fruit, but to the people of Rajshahi and its environs, they are a way of life. It is no wonder that the love for mango permeates Bengali culture, as witnessed by literature that is replete with references to magnificent mango trees and the sweet, cool and deep shade under the bountiful boughs, enticing the weary travellers to stop a while. For people like me, enjoying the fruits of nature are an act of devotion.

# Where THE MANGOES thrive

Imagine if you will, a huge expanse of neatly spaced tall and regal trees as far as the eye can see, each different in its shape but also similar, covered in dense foliage, unbent under the scorching sun of Bangladeshi tropical summers— each tree with a distinct personality. Miles and miles of these trees picturesquely line both sides of the highway from Rajshahi to Chapai Nawabganj, and also the banks of every little pond and lake, bricked lane, narrow kutcha pathways, and the courtyard of small and large homesteads. Mango trees of all sizes are truly ubiquitous in the region's scenery.

Mango orchards begin harvesting mid-May, but the story begins much earlier. During winters, the Rajshahi and Rangpur regions are plunged into much harsher colds than the rest of the plains down south. The temperature affects the mango trees, and the orchards feel bereft, somewhat dry, the ground not as vibrantly brown or wet, the trees not as verdant, as if morose at the absence of the blazing sun. But as winter colds wane, the trees begin to come alive, and sprout blossoms. The farmers in the gardens then



tend to their trees with utmost care, nurturing every bloom for a fruitful harvest, all through spring.

As Boishakh arrives, so do the deadly nor'westers, and in some regions including the midwest, come tornadoes. These strong storm winds shake a lot of the blooms and baby mangoes off of the mango trees' branches. As summer reaches its peak, the mangoes, absorbing all the heat and humidity, start to come into their own, varied in shapes and size, growing big and juicy, ripening into a plethora of colours. Although the mango orchards are spaced out and look very systematically planted, not all trees in an orchard are always of the same variety. The locals, farmers, and of course the orchard owners know each tree and its fruit for their particular qualities. Some of these are branded stars. Like those bearing the best quality of Khirsapat or Lengra, but there are also 'guthi' mango trees in the hundreds. The difference feels a bit classist, for a guthi is borne of a tree that grew out of a mango seed, while the ones borne by trees that were grown from grafts of other mature trees get to carry the brand name, the



# Sights and sounds of Chapai Nawabganj: the mango capital of Bangladesh



It is not that the claim of being the mango capital goes undisputed, especially in recent times, with places like Naogaon seriously contending and challenging its position. But arguably, Chapai Nawabganj has still managed to hold its fort, and for good reasons.

To start with, let's be clear that it's not Rajshahi we are talking about. Chapai Nawabganj indeed falls under the Rajshahi division, but the people of the mango capital have made a clear distinction between the two — the mango pride of Chapai Nawabganj is solely theirs alone, as it becomes apparent when you experience its sights and sounds.

Even though mango hubs are common in Rajshahi city, and you may come across some orchards in and around, and despite that, there is the Aam Chattar which is a large mango sculpture, it doesn't beat Chapai Nawabganj.

After all, Chapai Nawabganj hosts the most iconic mango market in Bangladesh, the Kansat mango bazaar.

And so, last week, we (a team of journalists, but even more so, a group of mango maniacs if put bluntly) flocked to Chapai Nawabganj, to see for ourselves what makes it the mecca for mangoes.

Quite soon after our car left Rajshahi and got into the highway, I realised that the bazaar is like the nucleus if Chapai Nawabganj was to be an atom, around which numerous hubs, businesses, orchards operate.

Miles after miles of mango gardens lie on both sides of the highway under the scorching Chapai Nawabganj sun. The villages are lush with these orchards.



But during this time of year, the weather is merciless. The humidity will make you desperately yearn for a cold shower. God knows how many litres of water we all drank!

But the bash of heat that attacked us when we got off the car was totally worth it for the mango gardens. The sheer sight of the fruits adorning the trees gave hope. "A treat awaits," I thought.

Right there, under tree shades, we ate

like there's no tomorrow. "Mangoes are God's way of compensating for the Chapai Nawabganj weather," I mused, as I peeled off and bit into a mango.

The farmers talked of the huge variety that is available in their region, of all the hard work they do for the mango trade. Conversations spiralled.

"The heavy rains have destroyed a lot of the mangoes this year," said one. "Prices are good this time around," someone else commented. "My skin is burnt for the sake of mangoes," said another, pulling up his sleeve to show their 'real' colour underneath.

One thing that comes off clearly is the pride: "the heat and the overall geography are unparalleled here at Chapai Nawabganj... the variety and taste of the mangoes we have is unmatched... the old trees bear witness that we have been doing this for the longest time... when people think of the finest mangoes, the first place that comes to their minds is Chapai Nawabganj, others are still new in the game."

A taunt at Naogaon and an air of superiority are thrown in here and there.

I listened, admittedly half-heartedly, as I kept on gulping one mango after another.



We needed the sugar rush. We needed the juicy delightful fruit to save our souls from the sweltering heat.

But amidst all that, one remark by a mango trader struck me the most. "The people here wait for this time of year with a lot of anticipation. Be it a family planning, a wedding, or if a household is looking to buy furniture or repair their house, a lot depends on how well we do in the mango season," he said.

It is fascinating to realise how the livelihoods and hopes and dreams of an entire region largely depend on one thing: mango.

Therefore, it is no surprise that no matter where you are in Chapai Nawabganj, you are not far off from mangoes or mango-related activities.

Warehouses get busy weighing, storing, loading, and unloading. Vans carry crates and traditional bamboo baskets to the market.

Kansat market is of course the place to be. It is the melting pot of the mango trade, where retailers and businesses flock from all over Bangladesh, with some traders even staying in at Chapai Nawabganj during the busiest times of the season.

The people at Chapai Nawabganj spend the busiest time. So much so, in some villages, you will find households where women make aam shokto, which are then collected by businesses nearby.

During mango season, the entire Chapai Nawabganj rises up to the occasion!

**By M H Haider back from Chapai Nawabganj**  
**Photo: Sazzad Ibne Sayed back from Chapai Nawabganj**

**DESHI MIX**  
SALINA PARVIN



# 5 easy mango recipes for summer

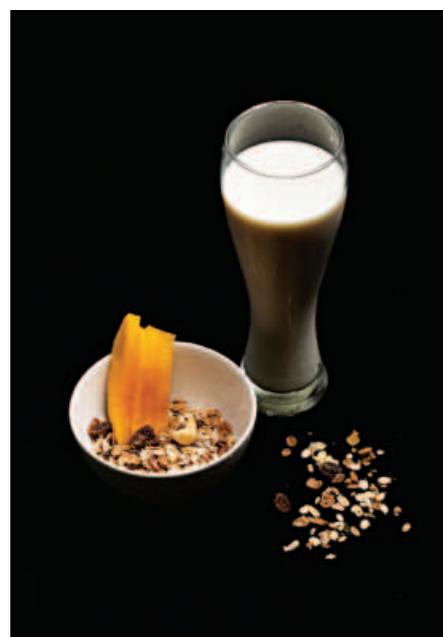
Mango is versatile fruit and can be used to make delicious dishes and desserts. If you are a mango lover like me, you will love this collection of recipes that include both ripe and green mangoes!

## THAI CHICKEN & MANGO STIR-FRY

Both ripe and unripe mango work well in this chicken and vegetable stir-fry. If the mangoes you have are not sweet enough for your palate, use 2 tbsp brown sugar. If they are ripe and sweet, just use 2 tbsp lemon juice additionally.

### Ingredients

- 2 chicken breasts, cut into 1-inch pieces
- 2 tbsp fish sauce
- 2 tbsp lime juice
- 1½ tsp corn starch
- 1-2 tsp brown sugar
- 4 tsp oil
- 2 clove garlic, minced
- 1 tsp minced fresh ginger
- 2 fresh chilli papers, stemmed, and sliced
- 2 cups bite-size broccoli florets
- ¼ cup water



and Tamil Nadu, but I make this recipe with my own variations. The tartness of the green mangoes, the subtle sweetness of fresh coconut, and the heat of the red chillies balance very well in this dish. The tempering of curry leaves, mustard seeds and asafoetida perks up the flavours in the rice. Green mango rice can be served with some papadoms or chips. You can also serve it as a side dish with a main course.

### Ingredients

- 2 cups cooked rice
- 2 tbsp oil
- ½ tsp mustard seeds
- ½ tsp chickpeas
- 1 tbsp peanuts
- 5-6 curry leaves
- 2 dry red chillies
- ½ tsp ginger paste
- 2 slit green chillies
- ¼ tsp turmeric powder
- A pinch of asafoetida
- 1 cup grated mangoes
- ½ cup coconut
- Salt to taste

### Method

First, cook the rice. Wash and peel the green mango. Grate the mango and measure 1 cup. Heat oil in a pan, add mustard seeds and let them pop. Add chickpeas and peanuts. Roast them with stirring constantly till brown. Add dry red chilli and curry leaves. Fry it for 15 seconds. Add ginger paste, green chilli, turmeric powder and asafoetida. Sauté for 30 seconds. Immediately add grated mango and salt. Mix and cook for 2 minutes. Add coconut and mix well. Then add cooked rice. Mix it very gently. Cook it for 3-4 minutes. When it is done remove from heat and serve.

## MANGO SOUFFLÉ

A soufflé is a classic French dessert — rich and creamy, yet unbelievably light. While the traditional recipes are egg-based, I reproduce the same light as air experience without using eggs. Veg gelatine powder helps me in this task. This eggless mango soufflé combines the divine flavour of mangoes with the ethereal texture of soufflés to give your palate a treat

beyond comparison.

### Ingredients

- 1½ cup mango pulp
- 1 cup whipped cream
- 2 tbsp icing sugar
- 1 ½ tsp veg gelatine powder
- Few mango pieces for garnish

### Method

Combine the whipped cream and icing sugar in a deep bowl and beat till thick using an electric beater. Keep aside. Put the mango pulp in another deep bowl and beat it using beater for 1 minute. Combine the gelatine powder and 4 tablespoons of hot water in a bowl and mix well. Add it to the mango pulp and beat it with beater for 2 minutes. Add the beaten whipped cream into the mango mixture and fold gently using a spatula. Pour equal quantities of mixture into 10 individual glasses or bowl and refrigerate for 2 hours or till the Soufflé sets. Serve chilled garnished with mango pieces.

## GREEN MANGO PICKLE

The term pickle is derived from the Dutch, 'pekel' — meaning brine. South Asia has a large variety of pickles known asachars, which are mainly made from mango, lemon, tamarind, chilli, garlic, vegetables, etc. The fruits and vegetables are generally mixed with ingredients like salt, spices, and oils and are set to mature in a moisture-less medium.

### Ingredients

- 4 cups of mangoes with skin, cut into cubes
- 2 tbsp salt
- 2 tsp turmeric powder
- 1 tsp asafoetida powder
- 1 tbsp fenugreek seeds powder
- 3 tbsp mustard seeds powder
- 3 tbsp red chilli powder
- 1 tsp nigella seeds
- 1 tsp fennel seeds
- 1 cup mustard oil

### Method

Wash the mangoes and dry them completely. Cut them into 1-inch cubes. In a large bowl, combine salt, turmeric powder, and mangoes. Allow it to marinate overnight or 7-8 hours until the mangoes

release all the water. Drain the water from the mangoes. Dry the mangoes on paper towels for about 6 hours or overnight, so they lose the excess moisture. Heat a small pan on medium heat, roast the coriander seeds. Turn off heat and allow it to cool.

Once cooled, using pestle and mortar to coarsely crush the coriander seeds to half. In a large bowl, combine the mangoes, remaining salt and all the ingredients except oil. Fill the above mango mixture tightly into a bottle and keep aside covered for a day. Heat oil in a pan, bring it to a boiling point, allow it to cool completely while covered.

Add cooled oil to the bottled mango pickle mixture. It takes approximately two to three weeks for the pickle to marinate itself and get the flavours from the spices. Best flavour and tenderness in the pickle comes after a couple of months of marination.

## MANGO CAKE

### Ingredients

- 1½ cups peeled and mashed ripe mango
- 1 cups sugar
- 2 eggs
- 1 cup all-purpose flour
- 1 tsp baking soda
- 1½ cup walnuts
- 1 tsp vanilla extract
- For the topping —
- ½ cup cream cheese
- ¼ cup butter
- 1 cup powdered sugar
- 1 tsp vanilla extract

### Method

In a mixing bowl, add the mangoes, sugar and eggs, stir to combine. Add in the flour, baking soda, walnut and vanilla extract, stir to combine. Make a smooth batter. Pour batter into a greased baking pan. Bake in a 180-degree pre-heated oven for 30-35 minutes. Allow it to cool down. In another mixing bowl, combine the topping ingredients, stir to mix well. Spread over the cake. Cut into pieces and serve.

Photo: LS Archive/Sazzad Ibne Sayed

- 2 mangoes, peeled and sliced
- ¼ cup chopped fresh cilantro
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh mint
- 4 tbsp oiled

### Method

Combine fish sauce, lime juice, corn starch, and brown sugar in a small bowl. Heat 2 tbsp oil in a wok or large skillet over high heat. Add chicken, cook, stirring until just cooked through, or 5-6 minutes. Transfer to a plate. Add the remaining oil, garlic, ginger and chillies to the pan. Cook, stirring, until fragrant, about 15 seconds. Add broccoli and water, cook until it softens. Add mango and cook for 1 minute. Add the reserved sauce and chicken, cook, stirring, until the sauce is thickened and chicken is heated through, or about 1 minute. Stir in cilantro, basil and mint. Remove from heat and serve.

## GREEN MANGO RICE

This is a simple recipe for a spiced and tangy rice made from unripe green mangoes. It is a popular dish in Andhra Pradesh, Karnataka

## #HEALTH &amp; FITNESS

# Health benefits of mangoes

Mangoes are not only great in taste, but have significant health benefits. Rich in vitamin and nutrient content, mangoes also improve digestion, lowers cholesterol levels in blood, reduce the risk of anaemia, etc.

## A nutritional powerhouse

Bursting with antioxidants and over 20 different vitamins and minerals, a single mango can provide a quarter of the recommended daily allowance for vitamin C, nearly two thirds of your daily quota for vitamin A, good amounts of vitamin E, and fibre. They also contain vitamin K, phosphorus, and magnesium.

Mangoes are particularly rich in potassium, which help reduce the risk of high blood pressure. Mangoes are high in fibre, but low in calories (approx 110 per average sized mango), fat (only 1 gram) and sodium. For those of us who are physically active, eating mangoes is a great way to replenish that lost potassium.

## Helps to relieve indigestion

Mangoes are very beneficial for people suffering from acidity because its enzymes help to relieve indigestion. The enzymes present in mangoes clean the bowel and are an ideal antidote for all toxic effects inside the body. They also provide sufficient resistance to fight germs.

## Lowers bad cholesterol, LDL in the body

High level of soluble dietary fibre, pectin and vitamin C present in mangoes, help to lower blood cholesterol levels, specifically low-density lipoprotein (LDL) cholesterol, a high quantity of which is believed to be a

factor in causing coronary heart disease.

## Help fight anaemia

Mangoes are rich in iron. Not only that, the vitamin C present in abundance enhances the absorption of iron from food and vegetables, preventing anaemia.

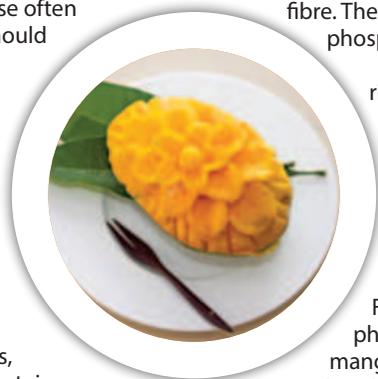
## Great for men, women, and children

Mangoes contain glutamine acid, which boosts memory and keeps cells active. Mangoes also contain a lot of tryptophan, and the precursor of the “happiness-hormone” serotonin. Mango mixed with yoghurt is a very healthy probiotic drink.

Women after menopause often become weak, and they should consume mangoes and other fruits rich in iron. A pregnant woman should eat at least one mango a day — the calcium and magnesium of the mango relaxes the muscles, relieves stress, and is believed to prevent miscarriages.

FYI —  
250g of mango contains, 30g carbohydrates, 1.5g protein, 1g fat, 3g carotenes, 110g vitamin B1, 125g vitamin B2, 2 mg vitamin B3, 90mg vitamin C, 30mg calcium, 45mg magnesium, 1mg iron, 295g zinc, 0.5g potassium.

By: LS Desk  
Photo: Health & Fitness



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Mangoes are high in fibre, but low in calories (approx 110 per average sized mango), fat (only 1 gram) and sodium.

For those of us who are physically active, eating mangoes is a great way to replenish that lost potassium.

Mangoes are very beneficial for people suffering from acidity because its enzymes help to relieve indigestion. The enzymes present in mangoes clean the bowel and are an ideal antidote for all toxic effects inside the body. They also provide sufficient resistance to fight germs.

By: LS Desk  
Photo: LS Archive/Sazzad Ibne Sayed

## #FOOD &amp; RECIPES

# Finding quality mangoes in Dhaka

Summer in Bangladesh is a special time for anyone who likes fruits, especially for the variety of mangoes, jackfruit and all other local sweet fruit varieties.

Starting off in May, fruit markets all over Bangladesh are now flooded with mangoes of various types, qualities, and varieties. If you among the lucky who can access mangoes straight from the hubs like Rajshahi, Chapai Nawabganj, and Satkhira, great!

But for the rest of us living away from the mango heaven, here is a simple guide to shop for the delicious king of fruits, particularly in the capital.

## The colourful ‘aamer mela’

The ‘aamer mela’ becomes a common sight on numerous pavements and nooks of the city during the mango season. These basically comprise of traders either sourcing mangoes directly from the gardens, or from the wholesale markets in Kansat, Naogaon and Satkhira, and saving the buyer the hassle of travelling to these places themselves.

“I have always wanted to buy mangoes from different areas from one place as I am not sure if regular roadside fruit sellers sell quality mangoes. So, it is great to find different varieties and buy them easily from

the stalls at the so-called mango fairs,” said Salma Mitu, a student of ULAB.

You will see banners like, “Rajshahi Aamer Mela: Straight from the orchard” on roadside stalls that are different

from typical fruit selling places, with colourful panels and lights giving it a festive look. These stalls can be found in places like Dhanmondi, Mirpur Road, New Market areas and many other places in Dhaka, mainly operated by businesses, some seasonal, who collect mangoes from either their own orchard or from

wholesale markets like Kansat in Chapai Nawabganj.

“We have mangoes from places like Rajshahi, Chapainawabganj, Meherpur, Kushtia in our stalls, with many varieties, among them are Himshagar, Lengra, Haribhanga, Gopalbhog, Gobindbhog. Our mangoes are free from any formalin so there’s no compromise on food safety,” said one salesperson of a stall in Dhanmondi.

## The booming online marketplace for mangoes

Convenience of online marketplaces has made it easier for mango enthusiasts to look for ways to buy them online. This has also become an opportunity for tech savvy sellers who saw a demand for mango selling online, resulting in various Facebook pages.

“We source our mangoes from farmers who cultivate organic mangoes under the supervision of Department of Agricultural Extension and certified by the local agriculture officer. So far, our most sold varieties are Gobindobhog, Lengra, Himsagar, and Totapuri, among others,” said Md Shiplur Rahman, Sales Executive (B2b) at Leisure Innocent, an online shop specialising in organic foods.

Ordering mangoes, whether a few kilograms or in crates, it’s normal to worry about the delivery process taking place accordingly. Chapai Mango Lovers, based in Chapanawabganj, can provide the mangoes at your doorstep on time.

“We have three branches with our own orchards in Bangladesh— in Chapai Nawabganj, Naogaon, and Khagrachari. Depending on the size of the online orders, we deliver through couriers, buses, or trucks. This

year, online demand is a bit lower than previous years, but still people are ordering good quality mangoes after seeing low quality goods in local markets,” said E H Zaman Alif, owner of Chapai Mango Lovers.

## Traditional fruit vendors

Last but not the least, there are the

## Lowers bad cholesterol, LDL in the body

High level of soluble dietary fibre, pectin and vitamin C present in mangoes, help to lower blood cholesterol levels, specifically low-density lipoprotein (LDL) cholesterol, a high quantity of which is believed to be a factor in causing coronary heart disease.

## Help fight anaemia

Mangoes are rich in iron. Not only that, the vitamin C present in abundance enhances the absorption of iron from food and vegetables, preventing anaemia.

## Great for men, women, and children

Mangoes contain glutamine acid, which boosts memory and keeps cells active. Mangoes also contain a lot of tryptophan, and the precursor of the “happiness-hormone” serotonin. Mango mixed with yoghurt is a very healthy probiotic drink.

Women after menopause often become weak, and they should consume mangoes and other fruits rich in iron. A pregnant woman should eat at least one mango a day — the calcium and magnesium of the mango relaxes the muscles, relieves stress, and is believed to prevent miscarriages.

FYI —  
250g of mango contains, 30g carbohydrates, 1.5g protein, 1g fat, 3g carotenes, 110g vitamin B1, 125g vitamin B2, 2 mg vitamin B3, 90mg vitamin C, 30mg calcium, 45mg magnesium, 1mg iron, 295g zinc, 0.5g potassium.

By: LS Desk  
Photo: LS Archive/Sazzad Ibne Sayed



traditional fruit sellers in various bazaars. Street vendors also sell mangoes right on the footpath, although they lack in variety compared to the fairs and the online resources available.

Hawkers are also seen carrying mangoes in vans around the neighbourhoods of the city. “I hardly do the groceries, but every Friday after the weekly prayers at the local mosque, I never fail to pick up seasonal fruits from the vendors selling them.

However, not being a seasoned buyer, I am often handed inferior quality products at higher prices,” said Shubhro Haque, an employee of a local media house.

## Essentials —

Leisure Innocent  
Facebook page:  
<https://www.facebook.com/leisureinnocent>  
Chapai Mango Lovers Facebook

page: <https://www.facebook.com/chapaimangolovers>

The Mango’s Home Facebook page: <https://www.facebook.com/themangohome46>

By Feda Al Hossain  
Photo: Sazzad Ibne Sayed back from Chapai Nawabganj

#PRESS RELEASES

# Surf n Turf — Weekend Seafood and Steak Buffet Dinner at Attitude Restaurant

Holiday Inn Dhaka City Centre, the newest 5-star hotel in the city has recently launched Surf n Turf — a seafood and steak dinner buffet every Thursday, Friday and Saturday at Attitude Restaurant, which is their all-day dining multi-cuisine restaurant. This is a spectacular feast with a huge selection of exquisite fresh seafood and meat dishes and an array of sumptuous desserts.

The buffet attraction is a display of fresh hand selected fish, seafood, steaks and marinated meats, which are then cooked to preference at our live kitchen. The hot favourites are T-bone steaks, beef



medallions, grilled coral, steamed tilapia, king prawns, calamari, and many more.

The hot buffet has a vast selection of

international and local favourites; look out for the whole grilled fish on bed of veggies, roasted prime cut served with aromatic sauces, chicken shawarma and mutton Hyderabadabi biriyani. The chef's selection on mouth-watering Continental dishes, and Asian specialties are irresistible.

For those with an insatiable sweet tooth, their pastry chefs have hand-crafted treats that are sinfully delicious. Try out the rich chocolate mousses, coconut pastry, creamy cheesecakes, chocolate brownies, fruit tarts, and puddings. Their selection of Bangladeshi desserts is the best that you can get in the city, comprising fruit halwas,

gurer payesh, laddoo, kacha chhana, and mishti doi.

Attitude Restaurant has a visual kitchen concept, which adds to the theatre and the dining experience created by their chefs. Surf n Turf is available every Thursday, Friday and Saturday at Tk 4,999 net per person only; Buy One Get One offer is available with selected bank cards.

Prior booking is required. The restaurant has implemented several hygiene measures as per government guidelines to ensure safety for all.

For more information, call +88 01324717025 – 26

## HOROSCOPE



**ARIES**  
(MAR. 21-APR. 20)

Don't invest too much money. Stay in the background this week. Don't be too pushy when trying to help. Your lucky day this week will be Monday.



**TAURUS**  
(APR. 21-MAY 21)

You will be the centre of attention this week. Make time for yourself. Don't believe everything you hear. Your lucky day this week will be Saturday.



**GEMINI**  
(MAY 22-JUN. 21)

Make sure everyone does their share. Health problems can mess up your schedule. Social events could lead to possible romance. Your lucky day this week will be Friday.



**CANCER**  
(JUN. 22-JUL. 22)

Children will be difficult to manage this week. Attend social events. Your partner won't be happy with you. Your lucky day this week will be Saturday.



**LEO**  
(JUL. 23-AUG. 22)

Changes at home will be favourable. Channel your energy into new projects. Favours will be offered readily. Your lucky day this week will be Friday.



**VIRGO**  
(AUG. 23-SEP. 23)

Don't let personal problems affect your work. Try to be understanding. Uncomfortable situations are likely if you overextend yourself. Your lucky day this week will be Monday.



**LIBRA**  
(SEP. 24-OCT. 23)

Don't be too quick to judge. Beware of secret enemies. You will be emotional about money matters. Your lucky day this week will be Monday.



**SCORPIO**  
(OCT. 24-NOV. 21)

Unexpected bills may set you back. Relatives may play an important role. Communicate your problems clearly. Your lucky day this week will be Monday.



**SAGITTARIUS**  
(NOV. 22-DEC. 21)

Don't let your partner force you into doing anything. Don't mislead anyone. Extravagance might be a problem. Your lucky day this week will be Monday.



**CAPRICORN**  
(DEC. 22-JAN. 20)

Get involved in jobs that require creative input. Be ready for career changes. Make plans with friends this week. Your lucky day this week will be Thursday.



**AQUARIUS**  
(JAN. 21-FEB. 19)

Deal with clients personally. Stick with any project right till the end. Don't be too eager to start any debates. Your lucky day this week will be Monday.



**PISCES**  
(FEB. 20-MAR. 20)

Think through the situation carefully. Be flexible with your options. Make time for some rest and relaxation. Your lucky day this week will be Monday.

এখন  
**ফাস্ট ওয়াশ**  
ডিটারজেন্ট পাউডার  
১ কেজির সাথে

১ টি  ৫৭০ লব্ধীসোপ **ফ্রী!**







#EVENTS

# Galleri Kaya celebrates 18th anniversary through art exhibition



Like every human experience that is a reflection of life, art speaks volumes on human resilience and fortitude. The history of art and crafts dates back tens of thousands of years, and represent some of the first signs of human civilisation. The saga of arts in the area now comprising Bangladesh is also a long cherished one, and speaking of the last 50 years or so, the growth of art and crafts in this independent nation has been in leaps and bounds.

For the last 18 years, one institution that has witnessed and helped create the surge in the art market has been the most familiar name of the local art scene, Galleri Kaya. Founded by artist Goutam Chakraborty, the reputed gallery celebrates its 18th founding anniversary through an exhibition at its Uttara premises beginning Friday, 17 June 2022. The highly anticipated event is set to highlight the works of some 35 modern and contemporary artists.



Over the near two decades of operation, Galleri Kaya has not only dealt in paintings, drawings and sculptures, but also worked in the promotion of Bangladeshi art. It has nurtured the creative spirit amongst artists through arranging art camps in locations within Bangladesh, and across serene locations in Bhutan and Thailand, to name but two.

The COVID-19 pandemic has made irreparable losses in our lives, but it has also taught us the very important lesson that life bounces back, despite all odds, human beings have the indomitable courage to get back to where it was.

Amidst the gloomy days of the COVID-19 pandemic, when life took a back seat not to mention the appreciation of the arts, Galleri Kaya was steady in its promise to promote the arts and arranged online exhibitions and other events to keep the momentum going.

Maintaining all health protocols, in the

last two years, Galleri Kaya played host to art camps within the city of Dhaka that explored life and surroundings of this bustling metropolis of ours. A creative camp took place at the scenic setting of Lalakhal, Sylhet.

Bangladeshi art has not quite succeeded in breaking the border and burst into the

global, or even the regional scene. It is believed that with combined effort by all concerned, public and private, Bangladesh art can reach the long-cherished height it deserves in the international art scene.

LS Desk

Photo: Galleri Kaya

