

December – Featured Fruit: TANGERINE



WASH. EAT.
(how easy is that?)



Hi, I'm **Tasha Tangerine**.¹ To most people in the U.S., the name tangerine applies to all "zipper-skinned citrus fruits." However, tangerine is really the name of only one type of mandarin.

Facts

There are many varieties of tangerines, mandarins and tangelos.

These citrus fruits are usually bright orange in color and each one has a distinctive sweet flavor all its own.

Tangerines, Mandarins and Tangelos are all great for snacking because they are easy to peel and eat. Remember, two tangerines count as one serving of your 5 A Day. Tangerines are also a high source of vitamin C.

History

Tangerines are native to China.

The name "tangerine" is derived from the ancient, walled Moorish town of Tangier in northern Morocco, where the fruit grows in abundance.

Where Grown

Tangerines are grown in Florida, California, Arizona, and Texas.

Each variety has its own short season, lasting approximately 2-3 months.

Source: ¹Dole 5 A Day. www.dole5aday.com

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Types

Dancy Tangerine - Often considered the traditional "Christmas" tangerine in the U.S., it has a distinctive sweet-tart flavor, lots of seeds, and a deep reddish-orange loose, easy to peel skin.

Honey Tangerine - Honey tangerines have a high sugar content which gives it a sweet, distinctive, rich flavor. The fruit is yellowish-orange in color, full of juice, and has a thin, smooth skin.

Minneola Tangelo - A cross between a tangerine and a grapefruit, it's easy to recognize by its large size and slightly elongated "neck" on one end. The fruit resembles a tangerine and is easy to peel. It is the most popular tangelo. Tasha Tangerine is really a Minneola Tangelo!

Satsuma Mandarin - If you are looking for a sweet, seedless mandarin, try a satsuma. They are delicious! Satsumas are carefully clipped from trees, so sometimes you can find them in the market with their stems and leaves still attached. Satsumas originally were imported from Japan.

Sunburst Mandarin - One of the most impressively attractive mandarins, the fruit has an outstanding deep reddish-orange external color and an extremely smooth and thin skin.

Nutrients

- High in vitamin C
- A good source of vitamin A (carotenes)