

# TANGERINES



## Fun Facts:

Tangerines are smaller than oranges and have skin that is easier to peel.

Tangerines used to be nicknamed the 'Christmas Orange' because they were often stuffed in children's Christmas stockings.

Florida is the top producer of tangerines in the United States.

Tangerines have a short peak season - November to January.

## History/Nutrition:

They are believed to have originated in China. They have been cultivated in China and Japan for over 3,000 years. Their name derives from the place from where they were first shipped to Europe - Tangier, Morocco. Tangerines arrived in Europe in the early 19th century and North America by the middle of the century.

One medium tangerine has about 37 calories and provides 31 percent of the recommended daily amount of vitamin C.

## Ways to eat Tangerines:

- Peel the skin and eat the small segments as a snack!
- Peel and cut up tangerines to put in fruit salad to add an extra pop of vitamin C!