

FRUIT/VEGETABLE OF THE MONTH!

DECEMBER'S FEATURED FRUIT IS THE TANGERINE

TANGERINE FACTS:

The tangerine is a variety of mandarin oranges. There are many varieties of tangerines on the market today, but they are all considered hybrids of the mandarin orange. They are also known as clementines or cuties.

Tangerines are a popular citrus fruit due to their sweet flavor. Their reputation for being sweeter than oranges makes them a delicious, healthy dessert option.

Tangerines are grown in Florida, Arizona, Texas, and California. They are in season from November to April.

MORE ABOUT TANGERINES:

The peel contains a super-flavonoid, or antioxidant, called tangeretin. Super-flavonoids have shown promise in studies as an effective way to lower cholesterol.

Ways to Enjoy Tangerines:

- As a snack, simply peel and eat with your favorite cheese
- Add to salads or salsas
- Make a fruit kebob with tangerine slices and other favorite fruits
- Include in a parfait with yogurt
- Blend in smoothies
- Place the peel in your planters to prevent cats from eating the plant



HEALTH BENEFITS OF EATING TANGERINES:

Tangerines have an abundance of vitamin C, which can reduce respiratory problems. They also have a moderate amount of vitamin A and are a good source of dietary fiber. Tangerines help reduce vulnerability to colds and flu

Eating tangerines may:

- May lower 'bad' LDL cholesterol
- Delay the onset of cataracts and age-related macular degeneration
- Reduce the risk of cardiovascular disease
- Improve skin health by making the skin appear youthful. Vitamin C has also been shown to prevent and treat skin damage caused by sun exposure.

FRUIT SALAD WITH CITRUS MINT DRESSING

Prep time: 10 minutes

Total time: 10 minutes

Servings: 4

Ingredients

- 2 tangerines or clementines, peeled and each slice cut into 3 pieces
- 1/2 cup fresh strawberries, diced
- 1/4 cup grapes, sliced in half
- 1/2 cup papaya, diced
- 1/2 cup pineapple, diced
- juice of 1 lemon
- juice of 1 lime
- 20 mint leaves

Directions

1. Mix all ingredients in a large bowl.
2. Chill before serving.

*Feel free to leave out any fruit you don't have on hand

