

— CLEMENTINE —

What are they?

- Clementines are a cross hybrid between a sweet orange and mandarin orange. They are generally seedless and easy to peel.
- You can recognize a Clementine by its small shape. They're wider than they are tall and have smooth glossy skin.



When are they available?

- Clementines are very often called “Christmas oranges” because their limited growing season falls during the winter. They are grown in warmer climates such as California and Florida.

What's so cool about them?

- Some sources say that a French monk by the name of Marie-Clement Rodier created the hybrid tree of the Sweet Orange and Mandarin to make the first Clementine. Other sources say that the Clementine Tree existed in China years before Rodier made his hybrid. Either way they made it to America in 1909.
- Although Tangerines and Clementines are both linked to Mandarins, Clementines taste very sweet while tangerines taste sour.



Why should I eat them?

- Clementines are rich in variety of vital nutrients including minerals such as calcium, magnesium, potassium and phosphorous. Consumption of citrus fruits such as clementines provides essential vitamins such as vitamin C and folate to the body.
- You may eat clementine on its own or try adding a few clementine segments to your yogurts, salads, oatmeal or other breakfast cereals for a nutritional ‘zing’ factor.

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