FOOD PREPARATION STEPS

WINTER • SPRING • SUMMER • FALL

DEC JAN FEB NOV OCT

AVAILABILITY: ● PEAK ● MODERATE ● LOW

FRESH TANGERINES

Tangerines can be peeled ahead of time or be given to children whole since they are very easy to peel.

TANGERINE JUICE

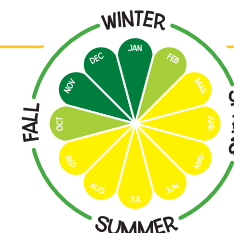*Note: Juices do not qualify as a Fresh Fruits & Vegetables Program-approved snack.*

1. To make tangerine juice, cut tangerines in half.

2. Use a manual or electric citrus juicer to extract the juice from the tangerines. Separate seeds with a strainer.

Tangerines are easy to grow and make a nice addition to school orchards.

Tangerines are rich in vitamin C, which help the body fight infection and disease and keep cells strong. They contain phytochemicals that destroy disease-causing substances in your body. Tangerines are also a good source of potassium, which helps to control nerve function and blood pressure.

- Tangerines are usually available from October to February, with peak harvest November through January.
- Look for fruits with a deep orange color that are heavy for their size. Fruits should be firm to semi-soft.
- Tangerines can be stored in a refrigerator for up to 2 weeks.
- Unlike many other fruits, tangerines do not ripen after being picked.
- If making juice, do so no earlier than one day ahead as the juice can get bitter with time.

*Seasonality varies with location and from year to year.