

FOOD PREPARATION STEPS



TANGERINE JUICE

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



FRESH TANGERINES

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



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



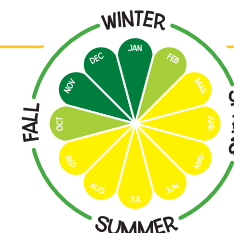
1. To make tangerine juice, cut tangerines in half.



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



Tangerines are 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.



AVAILABILITY: ● PEAK ● MODERATE ● LOW

- 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.

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes produce profile sheets, family take-home letters, produce preparation sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at www.kokuahawaiiifoundation.org/HawaiianHarvest. Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.