

Mandarin



Selecting

Mandarin refers to a group of citrus fruits with easy to peel skins that are orange with red undertone. They are a small, loose skin variety of the common orange, but typically are sweeter and less acidic than larger oranges.

The most popular varieties of mandarins are Clementine, Tangerine and Satsuma. Clementines are sweet, usually seedless, and easy to peel. Tangerines are generally tart and a deep orange colour.

The Satsuma, a seedless variety which originated in Japan, has thick but delicate, easy-to-peel skin that also makes the fruit easy to bruise.

Select fruits that are unblemished and heavy for their size. Avoid ones with cuts, soft spots or mold.

Storing

Mandarins are best stored in the refrigerator and last from two weeks to a month. They do taste better at room temperature so take them out of fridge an hour before you plan to eat them.

Preparing

Mandarin oranges peel easily and are ready to eat.

They can be eaten as is or added to a salad or cooked dishes. Just peel, separate the segments and remove any membrane from each segment. You may need to remove pits depending on the variety.

Seasonality

Mandarins are plentiful in June, July, November, December and January though you will find some availability almost year-round.

Nutrition

Mandarins are an excellent source of Vitamin C and a source of fibre and Vitamin A.



Try this delicious Mandarin and Beet Salad:

www.halfyourplate.ca/fresh-video/festive-mandarin-and-beet-salad/

