

Clementines



Selecting

The clementine is a soft citrus fruit which is a hybrid of the sweet orange and the mandarin. It is known for its sweet flavour and easily peeled skin and is available with seeds or as a seedless variety.

Select clementines with deep orange glossy skins, no bruises or soft spots. Look for ones that are heavy for their size to ensure a fruit with loads of juice.

Storing

Clementines are best stored in the refrigerator crisper, either in a perforated or mesh bag or loose in the crisper. They will last for a couple of weeks when stored this way. But since they taste best at room temperature, be sure to leave a few on the counter in an open bowl ready to eat.

Preparation

Clementines are easy to peel. They can be eaten as is after they are peeled. For best flavour, try to remove the thin membranes on the fruit. The peeled clementine can also be added to a salad or stir fry for a sweet flavour boost.

Seasonality

Clementines are available from November through April.

Nutrition

Clementines are a good source of Vitamin C.



Clementines are the perfect grab and go snack. Keep them on the counter for an easy snack when you're running out of the door on a busy day!

