

Tangerine



Selecting

The tangerine is a subgroup of the mandarin orange family of citrus fruits. The tangerine looks like a miniature orange that is round and slightly flattened on the top and bottom. Its skin is reddish-orange, pebbly and thick and is much easier to peel and segment than an orange.

A tangerine should be slightly soft, heavy for its size, and pebbly-skinned with no deep grooves.

Its colour should be reddish-orange. Avoid tangerines that have dull or brown colourings or soft spots.

Storing

Tangerines are best stored in perforated plastic bags in the crisper in your fridge. However, remove them from the fridge a short while before you are ready to eat them, since they taste better at room temperature.

Tangerines will last 1-2 weeks in the refrigerator.

Preparing

To prepare a tangerine, just peel and pull the sections apart.

Eating

Tangerines are ready to eat once they are peeled. They can be eaten as is, or used in salads, stir fries, stews or as a garnish.

Seasonality

Tangerines are available from October to April.

Nutrition

A tangerine has 45 calories. It is a source of Vitamin C and folate.



Here is a recipe for hearty salad - [Summer Berry Salad for Two](http://www.halfyourplate.ca/recipe/summer-berry-salad-for-two/)
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