

# Tangerines, Tangelos, and Mandarins

## Harvest of the Month—January

**Tangerines:** are deep,  
orange-red mandarins.



**Tangelos** are a cross  
between tangerines and  
pomelos.

**Mandarins:** Tulare County  
is one of the leading  
mandarin producing  
counties in California.



Each of these fruits is full of  
vitamin C which helps keep you  
healthy!



Tulare County Office of Education  
*Jim Vidak, County Superintendent of Schools*



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program in Tulare County, call 1-800-834-7121. This material was created and approved as an extension to the Harvest of the Month developed by the *Network for a Healthy California*.

## Citrus Ambrosia



Makes 4 servings at 1 cup each

**Grated peel of tangerine**  
**1 cup lowfat yogurt,**  
**plain or vanilla**  
**2 tangerines, peeled,**  
**segmented and seeded**  
**1 grapefruit, peeled and**  
**sectioned**  
**2 oranges, peeled and**  
**cubed**

1. Stir tangerine peel into yogurt.
2. Divide fruit into four cups or dishes.
3. Spoon chilled yogurt mixture over fruit.
4. Serve chilled.

Adapted from:  
[www.fruitsandveggiesmatter.gov/recipes](http://www.fruitsandveggiesmatter.gov/recipes)

For more recipes, visit: [www.cachampionsforchange.net](http://www.cachampionsforchange.net)

Funded by the USDA's Food Stamp Program,  
an equal opportunity employer and provider.

**Tulare County Office of Education**  
*Jim Vidak, County Superintendent of Schools*



## Ambrosía De Fruta Cítrica (Citrus Ambrosia)



Para 4 porciones de 1 taza cada una

**Cáscara de mandarina**  
**rallada**  
**1 taza de yogur bajo en**  
**grasa, sabor vainilla o**  
**simple**  
**2 mandarinas peladas, en**  
**gajos y sin semillas**  
**1 toronja, pelada y en gajos**  
**2 naranjas, peladas y en**  
**cubitos**

1. Mezcle la cáscara de mandarina con el yogur.
2. Reparta la fruta en cuatro tazas o platos.
3. Ponga cucharadas de la mezcla de yogur sobre la fruta.
4. Sirva frio.

Fuente: [www.fruitsandveggiesmatter.gov/recipes](http://www.fruitsandveggiesmatter.gov/recipes)  
Para más recetas con frutos secos,  
visite: [www.campeonesdelcambio.net](http://www.campeonesdelcambio.net)

Financiado por el Programa de Cupones para Alimentos del  
Departamento de Agricultura de los Estados  
Unidos, un proveedor de empleador que ofrece oportunidad

**Tulare County Office of Education**  
*Jim Vidak, County Superintendent of Schools*

