

## Mandarin-Teaching Points Grades 3-4

### Reasons to Eat Mandarins?



- ❖ Mandarins are citrus fruits
- ❖ Mandarins are an excellent source of vitamin C. Vitamin C is an antioxidant. Antioxidants help prevent chemical damage to cells and can promote vision health, keep the immune system healthy, may support heart health and may help prevent cancer.
- ❖ Mandarins are a good source of vitamin A, supporting healthy vision.
- ❖ Mandarins are a good source of folic acid, a B-complex vitamin that can help prevent birth defects.

### What's In a Name?

- ❖ The genus *Citrus* originated long ago with three species, the citron, pomelo and mandarin. They were the parents of the many citrus we eat today.
- ❖ Mandarin oranges are not oranges. To avoid confusion, they are often referred to as mandarins.
- ❖ The name tangerine is used to refer to mandarins of a deep, orange-red color and come from a mandarin cultivar that originated in Tangier, Morocco. While the two names are used interchangeably for commercial purposes, this is botanically incorrect.
- ❖ There are three main cultivars of mandarins (research what a cultivar is):



Mandarin Cultivars	Marketed as	Popular California Grown Varieties of Cultivar
Common Mandarin	mandarins and tangerines	Clementine, Honey, Sunburst, Dancy, Pixie
Satsumas	Satsuma or Emerald Tangerine	Kara, Owari, Silverhill (70 California varieties and 200 worldwide)
Mandarin Hybrids	tangelos (tangerine-pomelo) tangors (tangerine-orange)	Minneola tangelo, Sampson tangelo, Thornton tangelo, King tangor

### Just the Facts

- ❖ When citrus fruits are processed, there is no waste. The juice is used for fresh juice and refined into wines, liquors, vinegars, and syrups; the peel is used to make oils, marmalade, pectin and citric acid; and seeds are used to make oils.
- ❖ In 2005, about 68 percent of the nation's total citrus crop was processed into mostly juice. More than half of California's citrus crop was sold as fresh. California's dry climate is the reason our oranges look so good. Citrus fruit that does not look as good are usually used for juice.
- ❖ Clementines are the most popular variety. California Clementines are available from mid-November to January leading to their nickname as "Christmas Oranges".

### A Slice of Mandarin History

- ❖ The first known reference to citrus fruits was in 2,200 B.C.E. The mandarin is native to southeastern Asia and the Philippines.
- ❖ In 1997, a harsh winter in Florida ruined their citrus crop. Citrus do not like freezing weather. However this opened a booming market to California Clementines.

## Home Grown Facts

- ❖ California leads production of fresh citrus and ranks second nationally (behind Florida) in total citrus production.
- ❖ California is the nation's second leading grower of mandarins and leads domestic production of Clementines.
- ❖ Leading counties of mandarin production are Tulare, Riverside, San Diego, Imperial and Ventura.
- ❖ Satsumas, Clementines, and Minneola tangelos are the State's top three mandarin varieties.

## Eat Your Colors

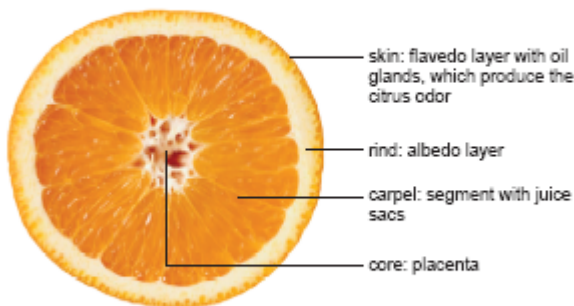
- ❖ Eating fruits and vegetables from the yellow/orange color group has many health benefits such as helping to maintain a healthy heart, vision health, and healthy immune system. What are some other fruits and vegetables in the yellow/orange color group?

## How Does Citrus Grow?

- ❖ Citrus plants are large shrubs or small trees. They have shiny evergreen leaves that stay on the tree all winter and wonderful smelling flowers.
- ❖ It will take most citrus trees two to five years to blossom after planting.
- ❖ Citrus fruits can be left on the tree without becoming overripe and do not continue to ripen after being picked.
- ❖ For a labeled cross section of an orange and mandarin below, download from

[www.harvestofthemonth.com/EdCorner/download/images-graphs/botanical/cycle2/mandarin.pdf](http://www.harvestofthemonth.com/EdCorner/download/images-graphs/botanical/cycle2/mandarin.pdf) and  
[www.harvestofthemonth.com/EdCorner/download/images-graphs/botanical/cycle1/orng\\_diagram.pdf](http://www.harvestofthemonth.com/EdCorner/download/images-graphs/botanical/cycle1/orng_diagram.pdf)

## Oranges



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## Mandarins



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Meredith Sayles Hughes, 2000.

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