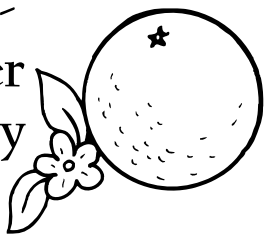


# Reasons for the Seasons

*Produce Tips for Placer & Nevada County Consumers*

Local Season-  
November  
thru January



## MANDARINS

**Mandarin** are a perfect snack, easy to peel, sweet and succulent any time of day. They are a nutritious addition to the diet.

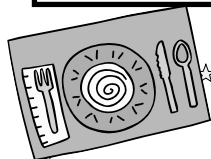
### Nutrition Benefits

Mandarins are:

- ◆ Good source of calcium
- ◆ Good source of vitamin A
- ◆ Good source of vitamin C
- ◆ Good source of potassium

### Serving Tips

- ◆ Freeze mandarin sections and enjoy as a cool treat.
- ◆ Add mandarins to a green salad.
- ◆ Use in pasta salads.
- ◆ Add to fruit kabobs.
- ◆ Add to gelatin molds.
- ◆ Take with you for an easy snack on the go.



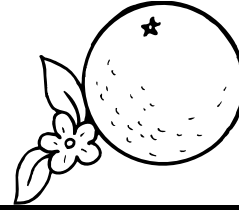
### Family Meal Ideas

- ☆ ● Encourage family members to try new foods by planning meals that feature foods from different cultures.
- ☆ ● Find a place on the map and make it an adventure finding unique foods to prepare from that region.
- ☆ ● Decorate the table using a cultural theme.
- ☆ ● Take a trip to cultural section of your local grocery store and let children help pick out unusual ingredients needed.

# Reasons for the Seasons

## *Produce Tips for Placer & Nevada County Consumers*

### MANDARINS



#### Locally Grown Varieties

*Satsumas and Clementines*

#### Shopping Tips

- ✓ Choose mandarins that are tight-skinned, shiny, solid, and firm.
- ✓ Medium-sized fruit is generally the best.
- ✓ Very large fruit can lack taste; very small fruit can be bitter.
- ✓ Avoid soft, puffy, dull-colored mandarins.
- ✓ Avoid mandarins with cut or punctured skin or very soft spots.



#### Handling and Storage

- ◆ Mandarins are relatively perishable and have a shorter life than oranges. They should be handled carefully, even though they are a firm, solid fruit.
- ◆ Store at cool room temperature (60° to 70°F) for up to one week.
- ◆ Store in the refrigerator for up to two weeks.

#### Preparation

Mandarins are best peeled and enjoyed “as is”.

- ◆ **Fresh:** They can also be added to fruit, poultry, meat, or green salads. For desserts, they can be served over pound cake or ice cream. Mandarin orange juice is good plain or blended with ice cream for a cool refresher.
- ◆ **Canning:** To extend the season of mandarins, they can be canned. Peel, separate the segments, pack in jars with sugar syrup and process in a simmering hot water bath (30 minutes for pints, 35 minutes for quarts).
- ◆ **Freezing:** Whole, unpeeled mandarins can be frozen on a cookie sheet for two to four hours. They can then be peeled and eaten at any stage of thawing. Peeled sections can also be frozen in syrup. They should keep in the freezer for six to ten months.

# Reasons for the Seasons

## *Produce Tips for Placer & Nevada County Consumers*

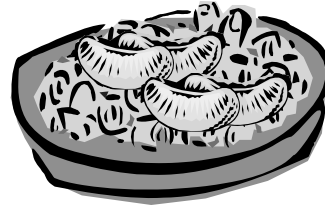
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### **MANDARIN ORANGE PASTA SALAD**

(MAKES 7—1 CUP SERVINGS)

#### **INGREDIENTS:**

- 1 1/2 cups dry medium shell or elbow macaroni
- 1 1/2 cups cooked chicken, chopped
- 1 cup fresh OR 1 can mandarin orange slices, drained
- 1 cup seedless red or green grapes, halved
- 1/2 cup celery, sliced
- 1/2 cup low-fat ranch salad dressing



#### **DIRECTIONS:**

1. Cook macaroni according to directions on package, rinse with cold water.
2. In a large mixing bowl combine pasta, chicken, mandarin slices, grapes, and celery.
3. Pour ranch dressing over salad mixture and toss lightly.
4. Serve immediately or refrigerate.

### **CUCUMBER AND MANDARIN ORANGE SALAD**

(4 SERVINGS)

#### **INGREDIENTS:**

- 1 medium cucumber, peeled and sliced into very thin rounds (about 2 cups)
- 1 1/4 cups mandarin oranges
- 1 medium onion, sliced into very thin rings
- 2 teaspoons granulated sugar
- 1/3 cup distilled white vinegar
- 1 teaspoon fresh cilantro, chopped
- Salt and freshly ground pepper

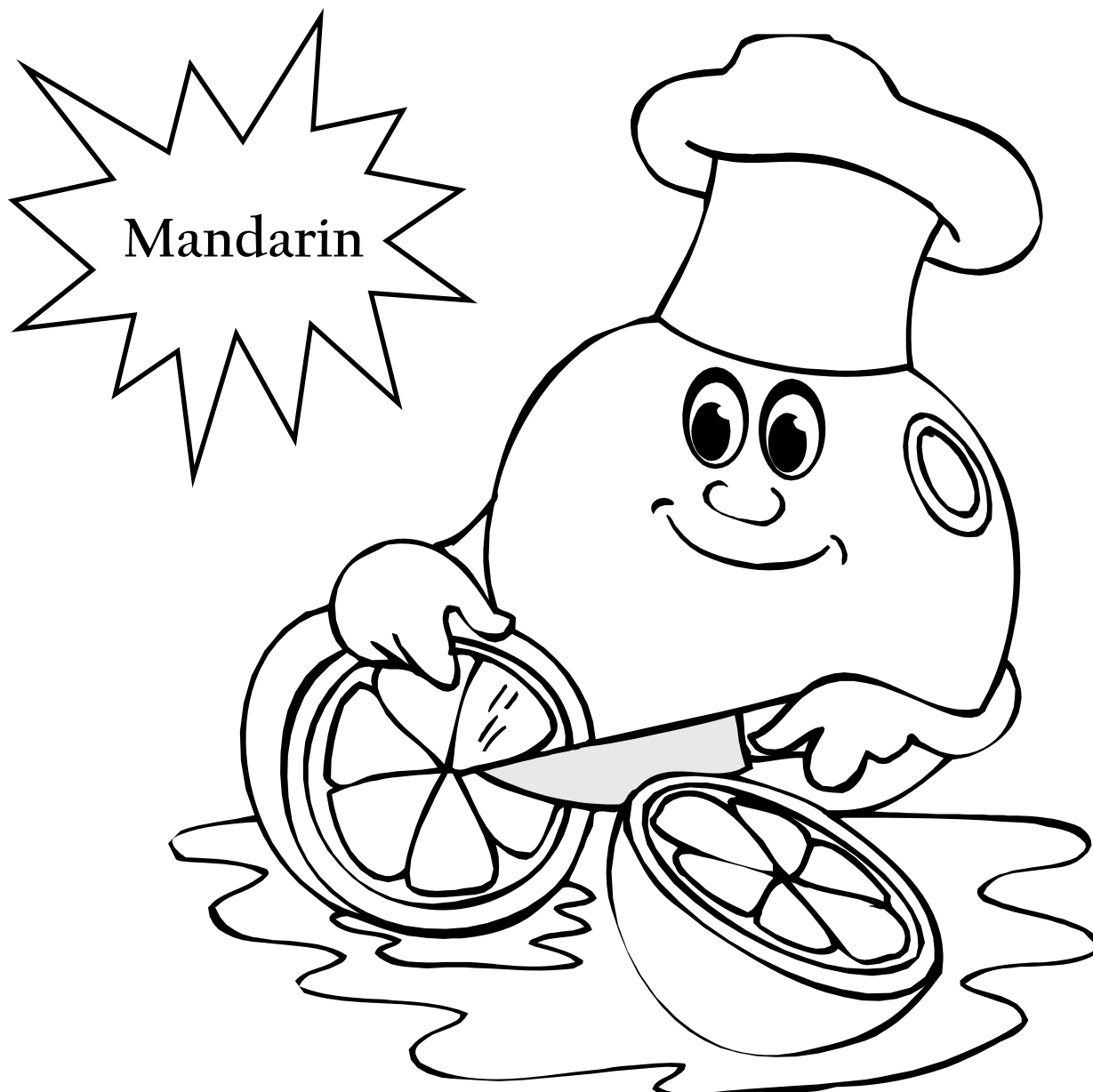


#### **DIRECTIONS:**

1. In a serving bowl, combine the cucumbers, oranges and onion rings.
2. In a small bowl, stir together the sugar and vinegar until the sugar dissolves. Pour the vinegar sugar mixture over the cucumber salad. Toss well. Add the cilantro.

# Reasons for the Seasons

## Coloring Activity Page for Kids



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