

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is... Tangerine

You can find POW! info sheets on the EHHD website!

www.ehhd.org

Look for

Produce of the Week



What type of orange comes from Tangiers*?

The TANGERINE!

- ⇒ Select tangerines that have a deep orange color
- ⇒ Choose fruit that are heavy for size
- ⇒ Avoid tangerines with soft spots or a dull brown color
- ⇒ Tangerines can be stored in the refrigerator for up to 2 weeks
- ⇒ Tangerines are a citrus fruit that are smaller, sweeter, and less acidic than an orange

* A city in the northern part of Morocco

Nutrition Facts:

- ♦ One tangerine contains about 50 calories
- ♦ Tangerines contain no fat or sodium
- ♦ Tangerines are an excellent source of vitamin C

Did you know?

The tangerine is a type of Mandarin orange and the Clementine is a type of tangerine?

- ⇒ Tangerines are ripe and in season in January you can find tangerines in the grocery produce section
- ⇒ They are grown in Florida, California, Arizona and Texas

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 2



Day 4



Day 7



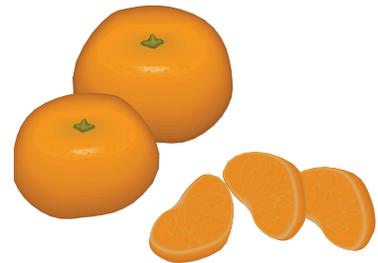
Try these delicious, nutritious and healthy recipes!

Tangerine Salsa

Makes 2 cups

INGREDIENTS

- 4 lg Tangerines; peeled, seeded and sliced
- 1 T Hoisin sauce
- 1 T Minced gingerroot
- 1 T Chopped fresh cilantro
- 1 T Minced green onion
- 1 T Lime juice
- 2 T chopped green chilies



DIRECTIONS

1. Combine all ingredients in a small bowl.
2. Cover and refrigerate for at least 1 hour.

Simple ways to enjoy Tangerines:

Peel and eat! ~ or ~ quarter and eat out of the skin!

Tangerine Coleslaw

6 Servings

INGREDIENTS

- | | |
|---|--|
| 2 T Vegetable oil | Grated peel of 1/2 tangerine |
| 1/4 c Tangerine juice, freshly squeezed | 1/2 Lemon, juice of |
| 2 T Honey | 1 T Toasted sesame seeds, optional |
| 5 C Cabbage, cut into long thin shreds | 3 Tangerines, peeled, segmented, halved and seeded |
| 1/3 C Raisins | 3 T Nuts, chopped |

DIRECTIONS

1. In jar with lid, combine oil, tangerine peel and juice, lemon juice, honey and sesame seeds; shake well.
2. In large bowl, combine cabbage, tangerines, raisins and salad dressing; chill briefly.
3. Before serving, add chopped nuts; toss gently.

Recipes modified from morematters.org & allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!