



# Oranges, Clementines & Tangerines

Often overshadowed in other months of the year, citrus fruits get their time to shine during the otherwise dark days of winter. Hitting their peak season in the late fall through the spring, citrus such as mandarins and oranges are packed full of vitamins and nutrients and will undoubtedly add color, freshness and flavor to meals and snacks.

*Well known for their high Vitamin C content, orange citruses are great for fighting off winter colds. But don't think these citrus powerhouses are limited to fighting viruses! They are also rich in Vitamin A, flavonoids, antioxidants, calcium, magnesium, potassium, and dietary fiber.*



## Handling and Storage

Oranges, Clementines, and Tangerines will stay fresh for a couple of days at room temperature but will last 1 to 2 weeks under refrigeration. Use the following tips to keep your citrus fresher longer:

- Keep fresh citrus in a cool, well-ventilated area. For best results place tangerines in the walk-in, in a plastic bag or covered container.
- Keep cartons on pallets off the floor for better air circulation.
- The U.S. Department of Agriculture recommends that produce be washed under clean running tap water before eating.
- Washing helps remove microorganisms and dirt. Detergent should not be used because it is not labeled for food use.
- The best temperature range for citrus storage is 45° to 48° F. For specific temperature range by citrus variety, use the guide to the right →

|                                       |             |
|---------------------------------------|-------------|
| Orange                                | 45° – 48° F |
| Lemon, Meyer Lemon                    | 45° – 48° F |
| Grapefruit (Western Varieties)        | 40° – 45° F |
| Tangerine, Tangelo, Moro and Mandarin | 37° F       |
| Oroblanco/Sweeties/Melogold           | 41° F       |
| Pummelo                               | 41° F       |
| Lime, Key Lime                        | 45° – 50° F |

**What can you get from Cash-Wa?**



### CWD # Description

- 101454 Clementines Oranges 4/5#
  - 600013 Mandarin Oranges Cuties 5#
  - 180009 Oranges Fresh 88ct
  - 180015 Oranges Fresh 113ct
  - 101485 Oranges Fresh 113ct Fcy Mini Pack (Aberdeen stocked)
  - 180016 Oranges Fresh 138ct
  - 180537 Oranges Fresh Wedges Smiles 20ct
- Ask your sales rep for more information!



# Clementines

A variety of mandarin orange that was named in 1902, you may also know them as Cuties. Great for kids and adults alike because of their easy 'zipper skin'.

**Also Known As:** Seedless tangerine

**Available:** Mid-November through January

**Appearance:** Small, with a deep orange exterior that has a glossy appearance

**Qualities:** Easy to peel and almost always seedless. Clementines are sweet, with less acid than oranges, and are perfect for eating out of hand.

**Origin:** Morocco and Spain

*1 Pound = 3.68 whole, raw clementines (about 1/2 cup fruit)*

*1 pound = 7.65—1/4 cup servings peeled, sectioned raw fruit (about 5 sections)*

*1 lb AP = .80 lb (about 1-7/8 cups) ready-to-serve sections*



Closely related to the mandarin orange, the tangerine has been cultivated for over 3,000 years.

**Available:** October to April

**Appearance:** Smaller than most oranges, slightly soft, pebbly-skinned, and orange in color



**Qualities:** Tangerines are easy to peel and split into segments, but often have seeds (though the number varies from fruit to fruit). They're less tart and sweeter than oranges, and are good for eating out of hand.

**Origin:** China

*1 pound = 4 whole, raw tangerines (about 3/8 cup fruit each)*

*1 pound = 7.78 1/4 cup peeled fruit sections*

*1 lb AP = .80 (about 1-7/8 cups) ready to serve peeled sections*

# Tangerines

While many varieties are available, the most common are navel oranges and Valencia oranges. With complementary peak seasons, fresh oranges are available any time of the year.

**Available:** Year-round

**Qualities:** Traditional oranges have thicker skins than their seasonal counterparts. Their sweet interior is best suited for eating raw or juiced.

**Origin:** Southeast Asia

For 113 count:

*1 pound = 2.80 oranges (about 5/8 cup each)*

*1 pound = 5.60—1/4 cup servings*

For 138 count:

*1 pound = 3.4 oranges (about 1/2 cup each)*

*1 pound = 6.80—1/4 cup servings*

# Oranges



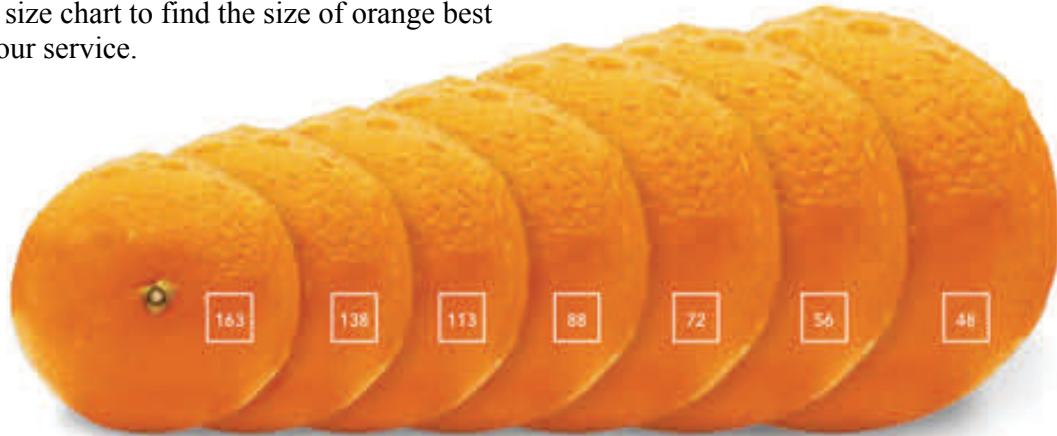
# Oranges

## Sizing and Packing

Oranges are shipped in cartons which hold about 40 pounds of fruit (total weight will vary, based on fruit size). The size designation states the number of oranges in the carton and also gives an indication of the size of the individual fruit within that carton.

For example, a carton of "88s" contains 88 medium-size oranges. A carton of "138s" holds 138 small-size oranges, while a carton of "48s" contains 48 very large oranges.

Check this size chart to find the size of orange best suited to your service.



## Peeling and Handling

### The "Basketball" Peeling Method

Slice off the stem end of the fruit. Without cutting into the "meat" of the fruit, score the peel into quarters like a basketball. Pull the peel away with your fingers.



### The "Round and Round" Peeling Method

Using a slightly sawing motion, cut only the outer colored peel away in a continuous spiral, leaving the white membrane. Cutting lengthwise with curve of fruit, remove the white membrane.



### Citrus Segments

Peel and gently separate the fruit along the natural divisions.

### Citrus Sections

With knife, peel the orange. Working over a bowl to reserve the juice, cut along both sides of each dividing membrane and lift out sections from center.

### Bite-sized pieces

Cut a peeled orange in half lengthwise and, with a shallow "V" shape cut, remove the white center core. Place the halves cut-side-down; cut lengthwise and crosswise.

### Basic Wheel Slices

Cut a thin slice from both ends of peeled or unpeeled fruit. Then slice the fruit crosswise into the desired thickness. Cut cartwheels in half for half-cartwheel slices.



### Unpeeled Smiles or Wedges

For easy-to-eat orange "smiles," cut the fruit in half crosswise; then cut 3 or 4 wedges from each half. For traditional wedges, cut the fruit in half lengthwise; then cut each half into wedge.

*Packed with vitamin C and popping with color, pick any of these great ways to incorporate nutritious oranges, clementines and tangerines into your meals and snacks.*

**A Fruit-FULL Dessert!** Add peeled, sliced oranges and grapefruit, orange marmalade, and vanilla extract. Serve topped with low fat lemon yogurt and shredded coconut.

**Try an Asian-Inspired Chicken Wrap.** Sauté chicken, bell peppers, onion, garlic, and ginger in a little lemon juice, brown sugar, sesame oil, and soy sauce. Stir in chopped orange pieces and serve wrapped in iceberg lettuce leaves.

**Make fruit kebobs!** Add peeled citrus wedges, strawberries, cantaloupe, grapes, bananas, and pineapple onto a wooden stick. Dip kebobs in chocolate pudding or low fat fruit yogurt and enjoy.

Fresh Tangerine Tip: When using whole tangerine segments in salads, desserts and other dishes, remove any seeds by snipping the center of the segment and gently squeezing.

**Spice Up Your Fruit Salad.** Be sure to include oranges in your next fruit salad. Try a spicy or sweet recipe.

**Warm Your Day.** Top your favorite cereal or oatmeal with citrus slices, nuts, and other dried fruits.

**Mix it in .** Add tangerine segments to coleslaw or tuna salad for a delicious colorful flavor treat.

**Add to Salad.** Add orange slices, strawberries, and walnuts onto a bed of favorite greens for a salad that's sure to please.

**Perfect Parfait.** Layer low-fat granola, low-fat vanilla yogurt, clementines and other favorite fruits for a quick breakfast or healthy dessert

**Tangerines make "dipping" fun.** Dip segments in chocolate sauce or flavored lowfat yogurt.

## Orange

| Nutrition Facts   |                     |                |         |
|---|---------------------|----------------|---------|
| Serving Size 1 medium orange (154g)   |                     |                |         |
| Amount Per Serving  |                     |                |         |
| Calories 80   | Calories from Fat 0 |                |         |
|   |                     | % Daily Value* |         |
| Total Fat 0g  |                     | 0%             |         |
| Saturated Fat 0g  |                     | 0%             |         |
| Trans Fat 0g  |                     | 0%             |         |
| Cholesterol 0mg   |                     | 0%             |         |
| Sodium 0mg  |                     | 0%             |         |
| Total Carbohydrate 19g  |                     | 6%             |         |
| Dietary Fiber 3g  |                     | 12%            |         |
| Sugars 14g  |                     |                |         |
| <b>Protein 1g</b>   |                     |                |         |
| Vitamin A 2%  | Vitamin C 130%      |                |         |
| Calcium 6%  | Iron 0%             |                |         |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                     |                |         |
|   | Calories            | 2,000          | 2,500   |
| Total Fat   | Less Than           | 65g            | 80g     |
| Saturated Fat   | Less Than           | 20g            | 25g     |
| Cholesterol   | Less Than           | 300mg          | 300mg   |
| Sodium  | Less Than           | 2,400mg        | 2,400mg |
| Total Carbohydrate  |                     | 300g           | 375g    |
| Dietary Fiber   |                     | 25g            | 30g     |
| Calories per gram:  |                     |                |         |
| Fat 9   | Carbohydrate 4      | Protein 4      |         |

## Tangerine

| Nutrition Facts   |                     |                |         |
|---|---------------------|----------------|---------|
| Serving Size 1 medium (109g)  |                     |                |         |
| Amount Per Serving  |                     |                |         |
| Calories 50   | Calories from Fat 0 |                |         |
|   |                     | % Daily Value* |         |
| Total Fat 0g  |                     | 0%             |         |
| Saturated Fat 0g  |                     | 0%             |         |
| Trans Fat 0g  |                     | 0%             |         |
| Cholesterol 0mg   |                     | 0%             |         |
| Sodium 0mg  |                     | 0%             |         |
| Total Carbohydrate 13g  |                     | 4%             |         |
| Dietary Fiber 2g  |                     | 8%             |         |
| Sugars 9g   |                     |                |         |
| <b>Protein 1g</b>   |                     |                |         |
| Vitamin A 6%  | Vitamin C 45%       |                |         |
| Calcium 4%  | Iron 0%             |                |         |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                     |                |         |
|   | Calories            | 2,000          | 2,500   |
| Total Fat   | Less Than           | 65g            | 80g     |
| Saturated Fat   | Less Than           | 20g            | 25g     |
| Cholesterol   | Less Than           | 300mg          | 300mg   |
| Sodium  | Less Than           | 2,400mg        | 2,400mg |
| Total Carbohydrate  |                     | 300g           | 375g    |
| Dietary Fiber   |                     | 25g            | 30g     |
| Calories per gram:  |                     |                |         |
| Fat 9   | Carbohydrate 4      | Protein 4      |         |

## Clementine

| Nutrition Facts  |                     |                |         |
|--|---------------------|----------------|---------|
| Serving Size 1 medium (74g)  |                     |                |         |
| Servings Per Container   |                     |                |         |
| Amount Per Serving   |                     |                |         |
| Calories 35  | Calories from Fat 0 |                |         |
|  |                     | % Daily Value* |         |
| Total Fat 0g   |                     | 0%             |         |
| Saturated Fat 0g   |                     | 0%             |         |
| Trans Fat 0g   |                     |                |         |
| Cholesterol 0mg  |                     | 0%             |         |
| Sodium 0mg   |                     | 0%             |         |
| Total Carbohydrate 9g  |                     | 3%             |         |
| Dietary Fiber 1g   |                     | 4%             |         |
| Sugars 7g  |                     |                |         |
| <b>Protein 1g</b>  |                     |                |         |
| Vitamin A 0%   | Vitamin C 60%       |                |         |
| Calcium 2%   | Iron 0%             |                |         |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                     |                |         |
|  | Calories:           | 2,000          | 2,500   |
| Total Fat  | Less than           | 65g            | 80g     |
| Saturated Fat  | Less than           | 20g            | 25g     |
| Cholesterol  | Less than           | 300mg          | 300mg   |
| Sodium   | Less than           | 2,400mg        | 2,400mg |
| Total Carbohydrate   |                     | 300g           | 375g    |
| Dietary Fiber  |                     | 25g            | 30g     |
| Calories per gram:   |                     |                |         |
| Fat 9  | Carbohydrate 4      | Protein 4      |         |

## Heartwarming Oatmeal w/ Fruit and Nuts

A great way to begin your day!

This is a Fruits & Veggies—More Matters® recipe. It meets the Centers for Disease Control and Prevention's strict nutrition guidelines as a healthy recipe.

Category: Main Dishes      Serves: 2

Cups of Fruits and Vegetables per Serving: 1

### Ingredients:

- ¾ cup pink grapefruit juice
- ¾ cup water
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon salt
- 2/3 cup old fashioned oats
- 1 tablespoon and 1 teaspoon brown sugar, firmly packed
- 2 seedless oranges or tangerines, sectioned, chopped
- 4 dates (2 tablespoons), chopped
- 1 tablespoon almonds, slivered



### Directions:

In a medium saucepan, combine grapefruit juice, water, cinnamon, and salt; bring to a boil over HIGH heat. Stir in the oats and reduce the heat to MEDIUM-LOW. Cook for 5 minutes, stirring occasionally; remove from heat. Cover the oatmeal and let stand for 8 minutes, or until desired consistency is reached (it will continue to thicken as it stands). Stir in brown sugar. Spoon the oatmeal into bowls and top with oranges, dates and almonds.

**Each serving provides:** An excellent source of vitamin C, magnesium and fiber and a good source of vitamin A, folate, calcium and potassium.

### Nutritional Information per Serving

|                             |                    |
|-----------------------------|--------------------|
| Calories: 276               | Carbohydrates: 59g |
| Total Fat: 3.8g             | Cholesterol: 0mg   |
| Saturated Fat: 0.4g         | Dietary Fiber: 7g  |
| % of Calories from Fat: 11% | Sodium: 152mg      |
| Protein: 6g                 |                    |

## Healthy Fruit Salad

This is a Fruits & Veggies—More Matters™ recipe. It meets the Centers for Disease Control and Prevention's strict nutrition guidelines as a healthy recipe.

Serves: 2

### Ingredients:

- 1 Mango
- 1 Banana
- 1 cup Strawberries
- 1 Orange
- ¼ tsp. chili powder
- 1 tsp. lime juice
- 1 tsp of honey

### Directions:

Mix. Serve chilled topped with low fat yogurt.



### Nutritional Information per Serving

|                             |                    |
|-----------------------------|--------------------|
| Calories: 190               | Carbohydrates: 48g |
| Total Fat: 1g               | Cholesterol: 0mg   |
| Saturated Fat: 0g           | Dietary Fiber: 7g  |
| % of Calories from Fat: 10% | Sodium: 5mg        |
| Protein: 2g                 |                    |

## Easy Fruit Salad

### Ingredients:

- 1 can fruit cocktail (16 ounce, drained)
- 2 bananas (sliced)
- 2 oranges (cut into bite-size pieces)
- 2 apples (cut into bite-size pieces)
- 8 ounces yogurt, lowfat pina colada



### Directions:

Combine fruit and yogurt; mix well. Chill in refrigerator before serving. Makes 14-1/2 cup servings.

**Source:** University of California, Cooperative Extension Fresno County, Easy and Nutritious Family Recipes, p.3

### Nutritional Information per Serving

|                            |                    |
|----------------------------|--------------------|
| Calories: 70               | Carbohydrates: 17g |
| Total Fat: 0g              | Cholesterol: 0mg   |
| Saturated Fat: 0g          | Dietary Fiber: 2g  |
| % of Calories from Fat: 0% | Sodium: 10mg       |
| Protein: 1g                |                    |