

# All About Tangerines

**TANGERINES** are a group of citrus fruit consisting of hybrids of mandarin oranges. Tangerines are small and imperfectly rounded with flatter tops and bottoms. The peel is reddish-orange, thin and pebbly. Once the skin is torn, it slides easily off the segmented fruit. The taste of a tangerine is sweeter and less acidic than that of an orange. Tangerines are quite nutritious. They are rich in vitamin C, as well as fiber and folic acid. Research shows that eating fruits and vegetables rich in vitamin C reduces your risk of heart disease and stroke. The fruit prefer a warm, humid climate to grow. Tangerine season lasts from autumn to spring.

Tangerines had been cultivated in China and Japan for over three millennia. However, the name “tangerine” did not originate until the nineteenth century. The name is based on the port city of Tangier, Morocco, where the fruit was first shipped to Europe and the United States. Major Atway first brought the fruit over to the Americas and cultivated it in Palatka, Florida.



## SELECTING AND STORING

- Ripe tangerines are heavier and deep in color. They are firm to slightly soft to the touch.
- Make sure tangerines stay chilled and keep them out of direct sunlight
- Rinse tangerines off under cold water and dry them completely with a cotton towel.
- Tangerines will keep at room temperature for about one week.

## CULINARY USES

- Use tangerine juice in sauces, dressings, sorbet, and marmalades.
- Replace lemon juice and zest for tangerine in any curd, pie or tart recipe.
- Add grated tangerine peel to brownies, cheesecake, or custard.
- Slice tangerine and roast with chicken, goose, or salmon.
- Tangerines make a great addition to any citrus salad.

## INTERESTING FACTS

- They are sometimes called “easy peelers”.
- Tangerines have been crossed with grapefruit to produce tangelos.
- China produces more tangerines than any other country.