

CLEMENTINES



History/Origin

- ★ Many credit the creation of the Clementine to Father Rodier of Algeria in **1902**, however there are claims that it originated in China much earlier.
- ★ The Clementine is a cross between the **tangerine and the Seville** (or bitter orange).
- ★ They were crossbred to be **seedless, sweet, and easy to peel.**
- ★ Clementines were introduced to the United States in **1909** in Florida.



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Botanical



- ☆ The Clementine is part of the **citrus** family.
- ☆ It is the fruit of a variety of **Mandarin**.
- ☆ Clementine oranges grow on trees. The fruit looks like a **mini orange**.
- ☆ Clementines are sometimes **mistaken for tangerines** but the Clementine has a more easily removed skin, a sweeter fruit, and **no seeds (usually)**.

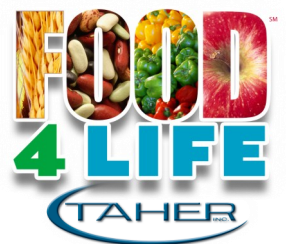


Nutrition

CLEMANTINES

Small Package - Big Health Punch!

- ☆ Although in small packages, Clementines pack a **BIG health punch**.
- ☆ They are an **excellent source** of vitamin C, which:
 - ♥ helps to heal wounds, and
 - ♥ keeps teeth and gums healthy.
- ☆ Clementines are **low in calories**—only 35-50 calories each.
- ☆ They are a **good source of fiber** so they fill you up and help satisfy your hunger.





Fun Facts

CLEMENTINES

- ☆ Clementines have been called the **“Crown Jewel”** of citrus world.
- ☆ They are considered the **tiniest** in the Mandarin orange family.
- ☆ Clementines are also called **‘zipper oranges’** and **‘kid-glove oranges’** because they are so easy to peel. Just poke a finger in the top to get the peeling started.
- ☆ Clementines from California are sometimes referred to as **“Christmas Oranges”** because they are available from mid-November through January.

