



# Clementines



## Fun Facts:

- Clementines are a cross between a sweet orange and a Chinese mandarin orange. They are very small, sweet, and seedless.
- It is believed to be named after a French Missionary, Father Clement Rodier who discovered this hybrid in Algeria in the 1900s. Others claim this mandarin offspring originated earlier in China.



## Nutrition Facts:

- Citrus fruits, including clementines, are an excellent source of Vitamin C, which is involved in antioxidant activity, iron metabolism, bone health, and immune system stimulation.
- Clementines are a good source of folate, which plays a critical role in DNA production.
- Clementines are high in fiber (65-70% soluble), which helps maintain gut health and can help reduce risk of chronic diseases.

## References:

- Burri, B and Turner, T. Potential Nutritional Benefits of Current Citrus Consumption. *Agriculture* 2013, 3(1), 170-187; doi:10.3390/agriculture3010170.
- <https://cutiescitrus.com/recipes/flower-salad-recipe-courtesy-ellie-krieger/>
- <https://www.duplinschools.net/cms/lib/NC01001360/Centricity/Domain/26/Clementine%20Fun%20Fact%20Sheet.pdf>

## Try It at Home!

### Flower Power Salad

#### Ingredients

##### Flower:

- 1 Cuties clementine
- 9-10 thinly sliced strips red bell pepper, cut in 1-inch pieces
- 1/2 grape tomato
- 1 celery stick, cut to 3 inches
- 2 small leaves romaine lettuce
- 1 piece English cucumber, unpeeled, seeded and cut to 1 1/2 inches then thinly sliced

##### Dip:

- 2 tablespoons plain Greek yogurt
- 1/2 teaspoon honey
- 1/4 teaspoon fresh lemon juice

#### Directions

1. Peel clementine and separate sections almost all the way, leaving attached at the base. Place on plate with base down. Place piece of red bell pepper between each citrus section, and half tomato in center to form flower.
2. Place celery and lettuce leaves underneath as stem and leaves. Arrange cucumber slices below to represent grass.
3. In small bowl, stir together yogurt, honey and lemon juice.
4. Serve dip in dish alongside flower, or in a mound underneath cucumber slices.

