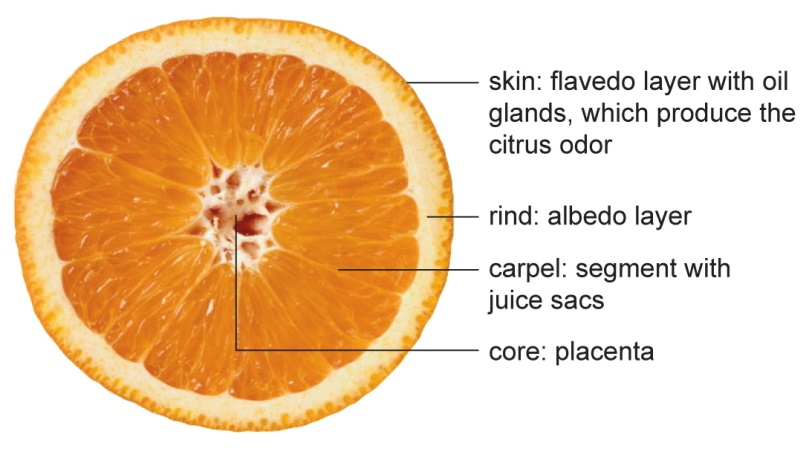
**2. A Slice of Mandarin History**

* 2,200 B.C.E.: First known references to citrus fruits; **the mandarin is native to southeastern Asia and the Philippines.**
* From southeastern Asia and the Phillippines, mandarins made their way to China and from China to Europe, North Africa and Australia before they traveled on to other parts of the world.
* The **mandarin gained its nickname** when it was introduced into England. **Mandarin denoted the form of Chinese spoken by public officials** and other educated people in China**. The robes worn by public officials** or mandarins in the Chinese empire of that time **were deep orange** and so this Chinese import was dubbed a mandarin.
* 1840: **Willow-leaf and China mandarin varieties are imported by Italian consulate from Italy and planted in New Orleans;** varieties later travel to Florida and then California by end of 19th century.
* 1882: King mandarin variety is sent from Southeast Asia to University of California Citrus Research Center at Riverside (UC Riverside).
* 1914: Clementines are introduced to California farmers after five years of study at UC Riverside.
* 1997: Harsh winter in Florida devastates domestic orange production; opens booming market to California Clementines.

**3. How Does Citrus Grow?**

* Citrus plants are large shrubs or small trees distinguished for their shiny, evergreen leaves and fragrant blossoms.
* They are grown in tropical and subtropical ecosystems. In the US, they can be grown in: Arizona, New Mexico, southern CA, Texas, Florida and some of the other Gulf states. In addition to cultivated orchards, they can be planted in front or back yards, or live in a pot on a patio.
* Depending on the variety, after self-pollination or cross-pollination, the flowers produce a fruit known as a *hesperidium,* a berry with a leathery rind surrounding pulp-filled segments.
* Most citrus trees blossom two to five years after planting. Citrus fruits can be left on the tree without becoming overripe and do not continue to ripen after being picked.



**4. What season do we pick Mandarins?**

* Varieties:
* Clementin—the most popular mandarin. Has a zipper skin—the Christmas Orange because it’s available from November to January.
* Satsuma—from Japan, 2nd most popular behind clementines.
* Dancy—the leading tangerine on the market.
* Honey—a cross between tangerine and orange, this variety has yellow-orange skin and some seeds.
* Minneola—a specific hybrid citrus fruit that is made by crossing the Bowen grapefruit and the Darcy variety of tangerine. It’s sweet like a mandarin and tart like the grapefruit, it’s the 3rd most popular mandarin.

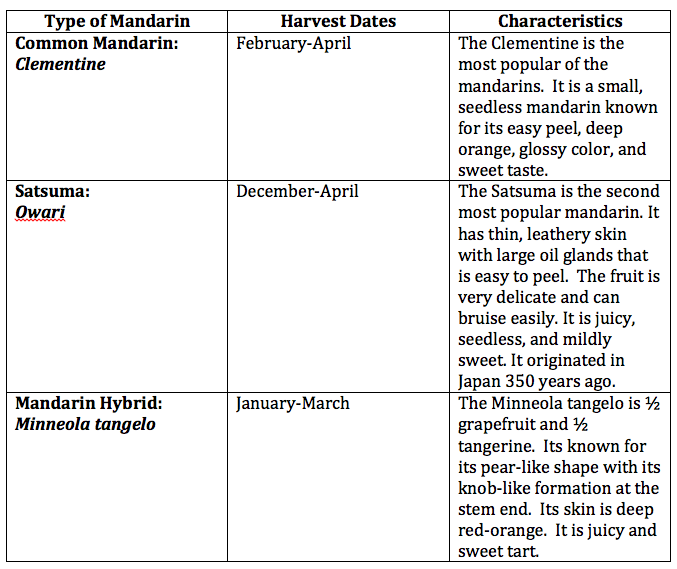


Table from: https://foodforward.org/2012/11/fruit-of-the-month-mandarin-orange/

**5. Why should we eat Mandarins?**

* One medium mandarin provides:
* **Vitamin C,** which is an antioxidant. Antioxidants help prevent chemical damage to cells and can promote vision health, keep the immune system healthy, support cardiovascular health and help prevent cancer.
  + Kinesthetic action: while saying “vitamin C, no fever” have students shake their finger no and then touch their forehead
* **Vitamin A,** which supports healthy vision.
  + Kinesthetic action: while saying “vitamin A, healthy eyes” have students point at their eyes
* **Folic acid**, a B-complex vitamin that can help prevent birth defects and supports blood health.
  + Kinesthetic action: while saying “folic acid, healthy blood” have students point at their heart or bodies

**6. How do you pick good Mandarins?**

* Mandarins should be a **deep orange-red color without blemishes**. The peel should be easy to remove. The flesh should contain very few seeds, if any.
* There is no waste in the processing of citrus fruits. The juice is used for fresh juice and refined into wines, liquors, vinegars and syrups; the peel is used to make oils, marmalade, pectin and citric acid; and seeds are used to make oils.
* In 2005, about 68 percent of the nation’s total citrus crop was processed (mainly for juice), but more than half of California’s citrus crop was sold as fresh. California’s dry climate allows for growth of fruits that are more aesthetically appealing.
* Mandarin oranges are not oranges *(Citrus sinensis),* and to avoid confusion are often referred to as simply “mandarins.” The name “tangerine” is used to refer to mandarins of a deep, orange-red color and is derived from a mandarin cultivar that originated in Tangier, Morocco. While the two names are used interchangeably for commercial purposes, this is botanically incorrect. Tangelos are a hybrid cross between tangerines, oranges and grapefruits.

**Fun Facts**

* Standard Chinese, often called "Mandarin", is the official standard language of China and Taiwan.
* Mandarins are an important fruit used during the Chinese New Year.  The mandarin orange symbolizes good fortune and long life in China because they are sweet and abundant.  Due to its bright orange color, it is used in the ceremony to symbolize the sun and to represent the fresh start of a new year.  During the two-week celebration, mandarins are given as gifts or displayed as decoration.

Extra Activity to do during this Harvest:

Purchase a can of 100% orange juice, an orange flavored drink, an orange soda, and some other orange drink. Compare the sugars in all four drinks and emphasize that just because it’s orange and maybe made from oranges, don’t assume it’s good for you.

Purchase a box of sugar cubes and have the kids guess which one has the most, the 2nd most sugar, etc.

Also talk about portion sizes—maybe purchase a huge soda and tell them about serving sizes.

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