

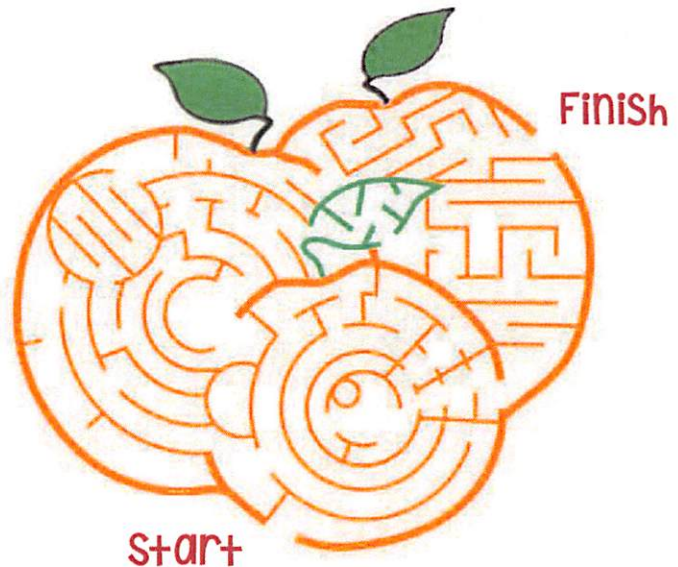


Tangerines

Did you know?

- Did you know that a tangerine is a variety of mandarin orange?
 - Tangerines were originated in Morocco & came to US in 19th century
 - They have been cultivated for over 3,000 years
 - Tangerines have a bright orange peel, much more than other oranges
- They are slightly flattened on each end and have a "loose" peel
 - The segments are easily separated and very sweet in flavor
 - This fruit is also very juicy and extremely rich in vitamin C

Can you find
your way
through the
maze?



Nutritional Benefits

- Like citrus fruits in general, tangerines are a significant source of vitamin C. One medium-size tangerine has 45 percent of your recommended daily value of this nutrient.
- Tangerines are also a good source of dietary fiber, with 6 percent of your recommended daily value of fiber in each.