

Harvest of the Month



Network for a Healthy California

Harvest of the Month is sponsored by



Satsumas



Rich Johansen at Johansen Ranch

7500 students in Western Nevada County will sample **Satsuma Mandarins** this month through Sierra Harvest's Farm to School Program!



Healthy Serving Tips:

- Add mandarins to green salads.
- Squeeze juice of citrus fruits over chicken and fish to make tender and juicy.
- Use juice to make reduced fat salad dressings.
- Dip satsuma segments into lowfat flavored yogurt.

Breakfast Fruit Cup

Ingredients:

- 2 satsuma mandarins, peeled and segmented into bite size pieces
- 1 medium banana, peeled and sliced
- 1 tablespoon raisins
- ½ cup lowfat vanilla yogurt
- ½ teaspoon ground cinnamon

1. In a small bowl, combine satsumas, bananas, and raisins.
2. Divide fruit equally into 4 bowls.
3. Put a rounded tablespoon of yogurt over fruit in each bowl.
4. Sprinkle with equal amounts of ground cinnamon before serving.

Johansen Ranch is a 77-acre certified organic farm in Orland. It is family-owned and operated by Mila, Olivia, and Rich Johansen, who celebrated 100 years as a family farm in 2010. In addition to satsumas, they grow clementine mandarins, navel and blood oranges, Meyer lemons, olive oil, persimmons, pomegranates, figs, pluots, summer melons and winter squash.



If your student is eligible for free/reduced school meals you likely qualify for CalFresh, which can help you afford healthy and nutritious food:

C4Yourself.com



Satsuma Fun Facts

For all ages:

Satsumas are one of the sweetest varieties of citrus fruit.

Satsuma mandarins are related to oranges, lemons, limes, kumquats and grapefruit.

Satsumas contain very few seeds and are sometimes seedless.



The thin skin makes it easier to peel than most other citrus fruit, but it also makes it more delicate and easy to damage.

Satsuma trees are cold-hardy- a mature tree can survive temperatures as low as 12 degrees Fahrenheit for a few hours.

When a satsuma plant is started from a seed (instead of grafted onto an existing plant), it takes 8 years before the plant produces fruit.

The towns of Satsuma, Alabama; Satsuma, Florida; Satsuma, Texas; and Satsuma, Louisiana were named after this fruit.

The dried satsuma peel is used in Chinese cooking and medicine.

California leads national production of fresh citrus and ranks second (behind Florida) in total citrus production.

Citrus plants are large shrubs or small trees distinguished for their shiny, evergreen leaves and fragrant blossoms. The flowers produce a fruit known as a hesperidium, a berry with a leathery rind surrounding pulp-filled segments.

For older students:

The scientific name for satsuma mandarins is *Citrus unshiu*. It is in the Rutaceae family.

Satsumas are a great source of Vitamin C, and a good source of Vitamin A, fiber, and potassium.

Our bodies do not make or store vitamin C, so eating fruits and vegetables that are sources of vitamin C is recommended every day.

Satsuma's earliest known existence dates back to 1429.

Satsuma mandarins are originally from China, but were introduced to the West via Japan. The name "satsuma" came from former Satsuma Province in Japan, from which these fruits were first exported to the West.

Popularity of these fruits was so great at that time, that visitors to China always took seeds home with them- spreading both east to Japan and the Philippines and west through India, Arabia and North Africa.

During its travels, this special fruit was imported into Europe through Tangiers in Morocco and so Europeans began to call them Tangerines!