



# HealthiestWeight

Morning Announcement

October 2015

Food for Thought

Healthy Food of the Month

Satsuma Tangerine

The Satsuma is a citrus fruit that is in the mandarin orange family which also includes the tangerine. It is smaller and milder tasting than the tangerine, and originated in Southern Japan where the climate is similar to central and northern Florida. In Florida the Satsuma is among the earliest mandarin oranges to mature and can be harvested from October to December.

In October when you start to see Florida grown Satsumas in the grocery store or farmer's market the fruit may not be entirely orange in color with some green on its skin, but it is still ripe and ready to eat. The Satsuma is a bit smaller than the common tangerine and the inner fruit is quite juicy and sweet.

The Satsuma tree is not very large compared to other citrus varieties, growing to a height of 15 to 20 feet and making it suitable to grow even in a small back yard. Citrus in the mandarin family is also very cold tolerant so that it is possible to grow the Satsuma in northern-most Florida along the Gulf Coast. In areas of Florida with cool night temperatures the inner fruit may become a vibrant reddish-orange.

It's the perfect fresh snack food that is so easily peeled that growers call it "zipper skin". The juicy segments of fruit also add flavor when added to either fruit or green salads. The juice from the Satsuma is a healthy drink with a pleasant sweet flavor.

Like all citrus fruit the Satsuma is very low in calories and an excellent source of vitamin-C, antioxidants and fiber. A tasty "naturally packaged" fruit that is good for you too!

**Remember: Make 5-2-1-0 your goal every day.**

- 5** - Fruits and vegetables a day (including the Satsuma)
- 2** - Only 2 hours or less of screen time a day (TV, computers, video games)
- 1** - One hour of physical activity a day
- 0** - Sugar-sweetened drinks (drink more water and non-fat milk)

This message is from the school nurses at the Florida Department of Health in Okeechobee County.

References:

1. <http://edis.ifas.ufl.edu/ch116>
2. [www.nutrition-and-you.com](http://www.nutrition-and-you.com)