Clementine

**Nutrition:**

- Clementines provide large quantities of Vitamin C and are a significant source of dietary fiber, calcium and vitamin A.
- Vitamin A is important for eyes, bone and skin health. It also helps to fight infections and speed healing.

**Did you know?**

- Clementines are a hybrid between a sweet orange and a Chinese mandarin.
- Clementines are known as “Christmas oranges” because they are available November through January.
- They are also called “zipper oranges” because they are so easy to peel.
- Clementines became popular in the U.S. after a freeze in Florida required us to import oranges from Europe - where clementines were widely available.

**More:**

- Choose clementines with a glossy, deep orange skin that feel heavy for their size.
- Place clementines in the refrigerator if you will not eat them all within 3 days of purchase.