

Fresh Fruit & Vegetable Program: November 10, 2022

Featured Fresh Fruit: CLEMENTINES



Health Benefits:

1. Rich in Vitamin C – immune system and healing
2. Antioxidants – overall health and fight against cancer
3. Potassium – heart health and muscles



Fun Facts:

1. These sweet little citrus fruits are a cross between sweet oranges and mandarin oranges.
2. This fruit is named after Clement Rodier, a monk in Algeria who accidentally created the fruit in 1902!
3. Clementines were introduced to the United States in 1909 in Florida and later brought to California in 1914.

