

# Harvest of the Month



## Kids love Satsumas!

Satsumas are the perfect citrus fruit for kids because they are sweet, seedless, juicy and easy to peel.

- Source of vitamin C
- Source of fiber
- Helps maintain cholesterol
- Helps weight loss
- Strengthens immune system
- Protects skin health

## November - Satsumas



Satsumas are a citrus fruit related to the orange. It is mostly seedless and has a tender texture with a skin that is thin and leathery and is lightly attached around the fruit, making them easy to peel. Satsumas grow in humid areas and can be ripe while the skin is still green. They are round with a yellow-orange skin and a bright orange color inside.

Satsuma trees grow slow and can reach between 15 and 20 feet. The branches are nearly thornless. The tree is adapted to areas where winters are too cold for other citrus fruits, but summers are warm enough to ripen the fruit. They can withstand temperatures as low as 15 degrees Fahrenheit.

## Satsuma Parfait

### Ingredients:

- 1 pint low fat vanilla yogurt
- 1 pint fresh cut satsuma sections
- 1 pint honey
- 1 cup granola



### Directions:

1. Line the bottom of the parfait cup or other clear glass with 1/4 cup of the yogurt and 1/4 cup of satsuma sections.
2. Add another layer of 1/4 cup of yogurt and 1 1/4 cup of satsuma sections.
3. Top each parfait with 1/4 cup of granola and garnish with mint leaves if desired.
4. Refrigerate until ready to serve.
5. Serve chilled.



## Fun Facts

- The name Satsuma came from the name of the Japanese province where it came from more than 700 years ago.
- Satsumas are considered cold hardy fruits and can withstand major drops in temperature.
- They are great in all kinds of recipes including beverages, cakes, desserts, salads, or as a garnish. Satsumas make a great sauce to top off chicken or fish because of their intense flavor.
- The thin skin makes Satsuma easy to peel.
- Satsumas are extremely nutritious because they contain high levels of Vitamin C. Vitamin C helps your skin and hair, plus it boosts your immune system and prevents you from getting sick.
- Most satsumas only have about 65 calories and are relatively low in sugar, even with their sweet flavor.
- Kids love them because they are little, easy to peel and have very few seeds. Satsumas are a great addition to kids lunches or an afternoon snack.

## Chocolate Dipped Satsumas

### Ingredients:

- 5 satsumas
- 75g dark chocolate (use vegan is necessary)
- 1 tbsp coconut oil
- 2 tsp desiccated coconut



### Directions:

1. Peel the satsumas and separate into segments.
2. Melt the chocolate and coconut oil together in a saucepan over a low heat. Stir continuously until everything has melted and is well combined. Be sure not to burn the chocolate. Remove from the heat.
3. Dip each satsuma segment into the melted chocolate and place on a plate or baking tray. Once all the segments have been dipped, place the tray in the fridge for 5 minutes to allow the chocolate to set.
4. Remove from the fridge and dip each segment in the chocolate a second time and then immediately sprinkle on some desiccated coconut. Return to the fridge for a further 5 minutes.
5. Eat within 24 hours as they will begin to dry out.

