

# CLEMENTINE

Clementines are the smallest of the mandarin oranges. The fruit is a slightly flattened sphere, about 2 inches. The glossy, deep orange peel is loose on the fruit, making it exceptionally easy to peel. Unlike its cousin the tangerine, it has no seeds and, in fact, one with seeds is evidence that bees have been at work cross-pollinating the trees with other fruit. For this reason, serious efforts are made to segregate the clementine trees, keeping the fruit seedless. Because clementines are easy to peel and readily separate into about 10 to 12 sections, they are a good addition to both fruit and green salads. Honey-sweet, loose skinned, and seedless, they are a favorite of adults and children alike, making them excellent lunchbox items. Packed snugly into their characteristic miniature wooden fruit crates, clementines are a popular sight

during the winter holidays, earning them the nickname "Christmas Oranges." They begin to appear in stores around the middle of November and are generally available through February. The fruit is a good source of vitamin C, potassium, thiamin, and niacin. It also contains fiber and is a good natural energy boost. Clementines have almost no fat, and an average sized one has only about 35 calories.

