

# HALO ORANGE

aka mandarins

Mandarins were introduced into the United States in the 1840s by the Italian consul in New Orleans. From New Orleans, the mandarin spread to Florida and California.

The mandarin, is a small citrus tree with fruit resembling other oranges. Mandarins are smaller and less spherical than common oranges (which are a mandarin hybrid). The taste is considered less sour, as well as sweeter and stronger.

A ripe mandarin is firm to slightly soft, heavy for its size, and pebbly-skinned. The peel is very thin, with very little bitter white mesocarp, so they are usually easier to peel and to split into segments. Hybrids generally have these traits to a lesser degree. Mandarins provide a boost of vitamins and minerals, such as vitamin C, calcium, phosphorus, magnesium and fiber; yet have few calories and not even 1 gram of fat.

