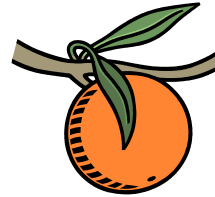
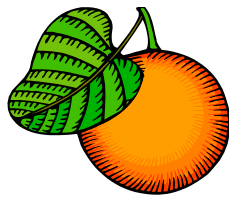


**Harvest of the Month Food Facts**  
**January 2009 ~ Citrus (Tangerines, Tangelos, Mandarins)**



			Thursday	Friday
			1 New Year's Day	2 No School!
Monday	Tuesday	Wednesday	8	9
5 Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day - red, yellow, orange, white, green and blue, purple. Tangerines and Mandarins are in the yellow/orange color group.	6 California leads production of fresh citrus and ranks second nationally (behind Florida) in total citrus production. Most of the nation's fresh citrus products are produced in California and Arizona.	7 In 1840 Willow-leaf and China mandarin varieties were imported by the Italian consulate from Italy and planted in New Orleans. New Orleans is a city in what state? ( <i>Louisiana</i> )	8 Most citrus trees blossom two to five years after planting. Citrus fruits can be left on the tree without becoming overripe and do not continue to ripen after being picked.	9 In California the leading counties of mandarin production are Tulare, Riverside, San Diego, Imperial and Ventura.
12 California is the nation's second leading grower of mandarins! What is the capital of California? Name a state that borders California	13 Citrus trees grow well in tropical and subtropical climates. Most do not like freezing temperatures. California Mandarins thrive in subtropical areas but can survive frost and drought.	14 The mandarin tree may be much smaller than that of the orange tree or the same size. The size depends on the variety. As the tree gets older, it may grow as high as 25 ft.	15 Tangelos come in many sizes. Some can be as small as an orange. Others can be as big as a grapefruit. Which is sweeter, an orange or a grapefruit?	16 In 1997 a harsh winter in Florida devastated domestic orange production and opened a booming market to California Clementines.
19 Martin Luther King Day	20 Tangelos are a cross between a mandarin orange and a grapefruit or pummelo. How many of you have eaten a pummelo?	21 Of the 250,000 acres of citrus grown in California, about 10,500 acres are harvested for mandarins. This has a value of about \$38.2 million.	22 In 1914 Clementines were introduced to California farmers after five years of study at UC Riverside.	23 Citrus trees are picked by hand, while California Mandarins must be "clipped"; and not pulled from the tree. Why do you think they do this? <i>(The limbs break more easily and/or the peel can come off - this is called plugging)</i>
26 Citrus trees are harvested year-round, depending on whether they grow in the Northern or Southern Hemisphere. California Mandarins are harvested from October through May. Name a country in the Southern Hemisphere.	27 Citrus plants are large shrubs or small trees. They are known for their shiny, evergreen leaves and fragrant blossoms. What does it mean when a plant or tree is evergreen?	28 California Clementines are available from mid-November to January leading to their nickname as "Christmas Oranges."	29 When you eat one medium mandarin, you get folic acid, a B-complex vitamin that can help prevent birth defects.	30 With the founding of the first Spanish mission in San Diego in 1769, oranges & lemons were introduced into California from Mexico. But it was the California Gold Rush that created a demand for this nutritious fruit.



# Nutrition Connections Made Easy

## Harvest of the Month-it's more than taste testing

Your students have the opportunity to sample a different fruit or vegetable each month. Teachers share creative ways to integrate HOTM into the curriculum.

### Language Arts

~ Vocabulary development (especially adjectives) ~ Writing Prompts ~ Poetry about fruits and vegetables ~ Similes ~ Songs

### Geography

~ Map where a fruit or vegetable originated or grows ~ Connect to agriculture in California.

### Math

~ Graph fruit or vegetable preferences ~ Compare two different fruits or vegetables with Venn diagrams ~ Fractions ~ Calculate the mean, median and mode.

### English Language Learning

~ Vocabulary development ~ Teach comparatives and superlatives ~ Compare two fruits or vegetables, state which you prefer, and two reasons why.

### Art

~ Draw or paint the fruit/vegetable of the month. Ask cafeteria manager if you can display them in the cafeteria.

### Health

~ Learn about the nutrients in the HOTM fruit or vegetable and how they help our bodies stay healthy.

Provided by Ventura Unified School District

### **Vitamin C**

- ✓ Helps heal cuts and wounds
- ✓ Helps keep your teeth and gums healthy

### **Vitamin A**

- ✓ Helps keep your eyes and skin healthy
- ✓ Helps protect against infection

Adapted from Nifty Nutrition & [www.fruitsandveggiesmorematters.gov](http://www.fruitsandveggiesmorematters.gov)

## Harvest of the Month Books

### An Orange in January

By: Dianna Hutts Aston  
(Preschool - Kindergarten)

### Gabe's Grocery List

By: Heidi Shelton Jenck  
(Kindergarten - 2<sup>nd</sup> Grade)

### Picky Peggy

By: Jennifer Dussling  
(1<sup>st</sup> Grade - 4<sup>th</sup> Grade)

## **Nutrition Whip Around**

1. What I like about citrus fruit is \_\_\_\_\_.
2. Draw a picture of a mandarin, tangerine, or tangelo.
3. How many words can you make from the letters in the words: "Citrus Fruit?"
4. Write an acrostic poem using the words "Citrus Fruit."
5. List ways you can include citrus fruit in your lunch or dinner.
6. Write a dinner menu including citrus fruit.
7. Write three adjectives about mandarins.
8. List two ways you can eat more fruits in a day.
9. List two ways you can eat more vegetables in a day.
10. In what food group does citrus fruit belong?
11. Don't forget to eat your colors! A tangerine is orange, name two more orange fruits.
12. List one way you can eat citrus fruit.
13. List as many types of citrus fruits. How are they different? How are they the same?
14. Instead of chips, I can eat \_\_\_\_\_ for a healthy snack.

For more information regarding Harvest of the Month taste testing and nutrition education resources please contact:

***Network for a Healthy California  
Merced County Office of Education***

(209) 381-5974 or email us at  
[nnetwork@mcoe.org](mailto:nnetwork@mcoe.org).