



“ZIPPER-SKIN” CITRUS

satsuma

Satsumas are part of the mandarin orange family, which also includes clementines and tangerines. They are identified by their smooth, lightly attached skin, known as “zipper-skin” that makes them easy to peel.

DID YOU KNOW?



- Satsumas are one of the first citrus varieties to ripen.
- The satsuma is an excellent source of immune-boosting vitamin C.
- The longer satsumas are left on the vine, the sweeter they will become.
- Satsumas are most often available in the winter months.

WELLNESS TIP

Exercise can help relieve stress and improve your energy. Studies have repeatedly shown that exercising improves blood flow, lowers blood pressure and muscle tension and promotes mental well-being.

SHOPPING, PREPARING AND STORING



- Look for satsumas with firm, tight peels and without a hollow feeling or dented spots. Heavier ones are generally juicier.
- Seek fruit with fresh-looking, bright green twigs and leaves still attached; this indicates a high-quality fruit.
- Store fresh satsumas at room temperature for up to five days.

COOKING TIPS



- Satsumas are often eaten as a snack out of the hand but can be added to salads, smoothies and stir-fries.
- For a sweet and tangy flavor, use satsuma juice in a homemade vinaigrette recipe.

SATSUMA FRUIT SALAD

serves 4

- 1/2 cup plain, low-fat Greek yogurt
- 1 teaspoon vanilla
- 2 satsumas, peeled and separated into sections
- 1/2 cup pineapple, crushed or cubed
- 2 bananas, peeled and sliced



1. Mix yogurt and vanilla together in a large bowl. Add fruit and mix until well combined.
2. Serve chilled.

Recipe adapted from What's Cooking? USDA Mixing Bowl, United States Department of Agriculture

Calories: 118; Total Fat: 2 g; Saturated Fat: 1 g; Total Carbohydrates: 28 g; Protein: 4 g; Sodium: 10 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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