

# FLORIDA SATSUMAS



## WHY EAT SATSUMA ORANGES

Satsuma oranges are...

- An excellent source of Vitamin C to help you from getting sick and protect your cells from damage.
- A good source of folate, which helps to grow our body and brain.

## FUN FACTS

- Satsuma oranges can handle really cold temperatures compared to other citrus and are picked in late fall and winter.
- Satsuma oranges came from Japan, where they were grown for over 700 years. They were named after the Satsuma Province in Japan. Because these oranges are ready to be harvested in winter time, satsumas are considered a symbol of winter and fortune in Japan.
- In the United States, satsumas are grown mostly in the Gulf Coast region, including Florida, Georgia, Alabama, and Louisiana.

Florida Farm to School:  
[FDACS.gov/FarmtoSchool](https://www.FDACS.gov/FarmtoSchool)

National Farm to School Network:  
[www.FarmToSchool.org](https://www.FarmToSchool.org)



December's Harvest of the Month are the sweet satsuma oranges from Cruce Family Farms in Perry, Florida. Satsuma oranges are a fruit that comes from trees and the citrus family. They are popular because they are easy to peel, juicy and can sometimes be seedless. Let's learn more about this Florida produce!

## SCHOOL LUNCH RECIPE HULK SALAD WITH SATSUMA ORANGES

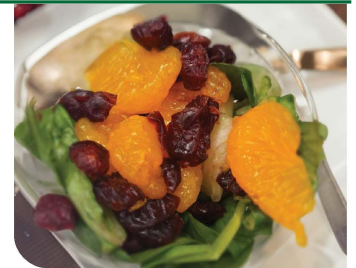
Serves 6

### INGREDIENTS:

- 3 cups of romaine lettuce
- 2 cups of spinach
- 2 satsuma oranges
- 4 tbsps of raisins
- ¾ cup of olive oil
- ¼ cup of balsamic vinegar

### PREPARATION:

1. Rinse the lettuce and spinach if needed. Chop the lettuce into 1 inch strips.
2. Peel the satsumas and separate the segments.
3. Whisk the oil and vinegar in a separate bowl, add salt and pepper to taste.
4. Combine the first four ingredients together in a large bowl. Add the dressing and toss to coat.



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