

Harvest of the Month



December



Clementines



Pick:

- Choose firm fruits that are heavy for their size with no mold or spongy spots.
- Skin color may not indicate ripeness, but avoid wrinkled peels or bruises.

Store:

- Citrus fruits are picked when ripe. They are ready to eat when purchased.
- Store at room temperature for a few days or in the refrigerator for up to 2 weeks.

Prepare:

- Remember to wash under cool running water, and peel or slice before consuming!
- Zest can be used in baking to add a citrus flavor.

Nutrition Info

One medium clementine has 50 calories and provides vitamin C, calcium & fiber.

Fun Facts

Clementines are a cross between a sweet orange and a Chinese mandarin.

Clementines are one of the few varieties of citrus fruits that are seedless.

The skin of a clementine is called a “zipper skin” because it’s easier to peel than most citrus fruits, making it a favorite for kids.

Uses

Clementines make an easy grab and go snack. Add to lunch bags for a sweet treat.

Clementines can be zested by scraping the outer, colorful skin with a grater. Add zest to baked goods or sauces.

Add clementine segments to meat or seafood entrees for a sweet, tangy flavor, or use to top salads!

We Want to Hear From You!

Share your fruit and vegetable tidbits and tales and be entered into a drawing for a \$25 gift certificate! *Each month we'll ask a new question...and give you a new chance to win!*

Here's This Month's Question:

What is your favorite holiday vegetable side dish or fruit-based dessert (please include recipe)? Lighter versions (lower in fat and/or sugar) are particularly welcome.

To Enter:

Answer this month's question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month's drawing, please send your response no later than December 31st, 2013 by e-mail to HOMstories@lacrossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty

Nutrition Facts

Serving Size (246g)
Servings Per Container 4

Amount Per Serving	
Calories 270	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 380mg	16%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 26g	
Vitamin A 4%	• Vitamin C 80%
Calcium 4%	• Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Clementine Orange Chicken

Serves 4

Ingredients:

- 5 clementines
- 2 Tbsp. soy sauce
- 1 Tbsp. dry sherry or 1 tsp. rice vinegar or white wine vinegar
- 3 Tbsp. + 1 tsp. sesame oil or canola oil
- 1 tsp. honey
- 1 tsp. grated fresh ginger or 1/4 tsp. ground ginger
- 1/2 Tbsp. cornstarch
- 2 garlic cloves, peeled and minced
- 1/8 tsp. crushed red pepper flakes
- 1 pound boneless, skinless chicken tenders, cut crosswise in half
- 4 green onions, thinly sliced

Directions:

Peel two of the clementines and divide into segments; set aside. Slice the remaining clementines in half and squeeze to make 1/3 cup juice. Add the soy sauce, sherry, 1 tsp. oil, honey, ginger and cornstarch to the orange juice; stir to combine and set aside. Heat 3 Tbsp. oil in a large skillet or wok over medium-high heat. Add the minced garlic and crushed red pepper flakes to the hot oil; sauté for 30 seconds. Add the chicken and sauté for 4 - 5 minutes, until chicken is cooked. Add the clementine juice mixture to the skillet and cook, stirring constantly, until sauce is thick and bubbly, about 1 minute. Remove from heat and top with clementine segments and green onions.

For more information on Farm2School & Foot Steps to Health visit
www.GetActiveLaCrosse.org

Color an
clementine!

