

# Harvest of the Month

Clementine

Calories

35

Total Fat

0g

Sodium

1mg

Sugars

7g

1  
fruit

## FUN FACTS:

**Juicy • Sweet • Seedless • Easy to Peel**

Developed in 1902, the Clementine is a cross between a sweet orange and a mandarin orange.

They have a loose skin, and therefore are very easy to peel. Just poke your finger in the top to get the peeling started.

Although in small packages, Clementines pack a BIG health punch. They are an excellent source of vitamin C, which helps to heal wounds, and keeps teeth and gums healthy.

This institution is an equal opportunity provider.

