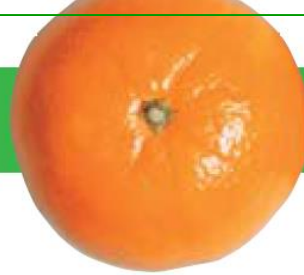


Citrus fruits

School Fruit and Vegetable Scheme

Your delivery

- Each pack contains: 10 fruits
- Number of pieces per pupil: 1
- **Storage:** Best kept refrigerated. Otherwise store somewhere cool, dry, away from direct sunlight and chemicals, and ideally off the ground
- **Preparation:** None, although some of the youngest children may need help with peeling



Nutritional information

- ✓ High in vitamin C
- ✓ All fruit and vegetables are low in sodium, calories and fat and are a good source of dietary fibre

Place of origin

Easy peel citrus fruits originated in China over 5,000 years ago. Arab traders brought them to Europe more than 1,000 years ago. They are now grown in many different warm countries around the world, including South Africa, Australia, Spain and North & South America

What to expect

Citrus fruits should be bright and clean and taste juicy, sweet and fruity. Fruit that is dry, chewy and fibrous, sour or acidic, tasteless, off flavour or has peel that is difficult to remove is not acceptable. Surface blemishes, such as dry silver scars, are quite natural and are caused by the fruit rubbing against the stem of other fruits. Damages, wet, rotting fruit or fruit with discoloured rot spots should be removed quickly to prevent deterioration of the rest of the fruit. Fruit flies feed on the juice of rotting fruit and may be present if there is rotten fruit in the net. The colour of the fruit should be uniform with a minimum amount of greening. Early season fruit may have a green tinge. This is perfectly acceptable. As soft citrus varieties mature, the skin becomes loose and is then easy to peel. The School Fruit and Vegetable Scheme provides schools with satsumas and clementines, such as Marisol, Nules, Hernandinas, Mors and Nours. They are usually seedless but may have the occasional seed.



Tips for storing, handling and eating citrus fruits at home

- Easy peel citrus fruits do not ripen further after harvest.
- Citrus fruits are best stored in a refrigerator (4°C to 10°C) and can be kept for up to seven days. They should not be stored in closed plastic bags
- Temperature fluctuations should be avoided as this will damage the fruit and encourage deterioration.
- As well as being eaten as a snack, segments or easy peel citrus fruits can be added to fruit and vegetable salads and fruit kebabs. They can be juiced and also used as an ingredient in cakes and cheesecakes.

How citrus fruits are grown

- Easy peel citrus fruits grow on small, evergreen trees that have glossy leaves.
- The trees are not grown from pips. Rather the shoots of a particular variety are grafted onto a different root stock.
- The trees produce fragrant white flowers in spring that, once fertilised, produce the fruit.
- There are two citrus seasons, so the fruit is harvested all year round, you just need to change the country of origin.
- Easy peel citrus fruits are very delicate. They are picked by hand so that they are not damaged.

Interesting fact

- Tangerines were named after the city of Tangiers in Morocco that was long famous for them.

Simple recipe

For a healthy alternative to a standard salad dressing or mayonnaise, mix the juice of an orange with a pinch of paprika, mustard powder, pepper and salt. Shake in a jam jar and pour over the salad.

For more information

www.nhs.uk/5aday, www.nhs.uk/change4life, www.food.gov.uk, www.nhs.uk/healthyeating and www.childrensfoodtrust.org.uk