BC Agriculture in the Classroom

SCHOOL FRUIT AND VEGETABLE NUTRITIONAL PROGRAM

BRITISH COLUMBIA The Best Place on Earth

ActNowBC.ca

Information On This Week's Product

Nutrition Facts

Serving Size 1 cup, sections 195g (195 g)
Servings per container Mandarin Orange

Amount Per Serving	
Calories 103	Calories from Fat 5
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	14%
Sugars 21g	
Protein 2g	
Vitamin A 27% • Vitamin C 87%	
Calcium 7% • Iron 2%	

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

©www.NutritionData.com

MANDARIN ORANGES

Mandarin oranges (citrus reticulata) are also called "Christmas Oranges" because they are available during the Christmas season. Serving size is one orange per student. We are sending them to you in sturdy, double-compartment boxes of 110. Paper wrapper are provided in the box for students to collect their peel.

AT A GLANCE

- Mandarin oranges are grown on small (10 ft high), slender-twigged deciduous trees. The tree is more drought-tolerant than the fruit. The mandarin is tender, and is damaged easily by cold.
- Compared to other citrus fruits, Mandarin oranges have 6 to 7 times the amount of "synephrine" a naturally occurring decongestant to help with flu season!

WHERE ARE THEY GROWN?

Mandarin oranges are grown in tropical and subtropical areas. The Mandarin tree is tender, and is easily damaged by cold and heat. In temperatures of 40°C+ the leaves get sunburned. It cannot withstand cold below –5° C. A native of south-eastern Asia and the Philippines, it is most abundantly grown in southern China, Japan, India, and the East Indies and more recently Australia, New Zealand and USA.

FOLKLORE:

Mandarin Oranges: A Canadian Holiday Tradition

The idea of sharing the Mandarin orange during the holidays was introduced to Canadians in the 1880s. Japanese immigrants received them in baskets from their families in Japan to celebrate the arrival of the New Year. The immigrants shared the fruit with their new countrymen, who found the taste of the seedless oranges unlike any other.

Before long, the oranges were imported commercially from Japan. They arrived in Vancouver each November, in nine-pound wooden crates that were hand tied in pairs to form a bundle. They were secured with rush rope made of rice, straw or reeds. The oranges were quickly unloaded and then shipped east by rail. "Orange Trains" - trains with boxcars painted orange - alerted everyone along the way that the irresistible oranges from Japan were back again for the holidays. For many, the arrival of Japanese Mandarin oranges signaled the real beginning of the holiday season.

Because of World War II, the importing of Japanese Mandarin oranges halted in 1942. After the war, Douglas MacArthur's provisional government in Japan gradually allowed trade with the West to start again. The oranges were among the first Japanese products to enter Canada. Because people were still smarting from the war and did not readily embrace imports

"The Mandarin Orange is... damaged easily by cold..."

NEWS FLASH: JAPANESE MANDARIN ORANGES FEEL CHABA'S BLOW

Vancouver, BC—In the final weekend of October, the Japanese Mandarin Orange growing region of Shizuoka was lashed by 100-km per hour winds and heavy rains, as Typhoon Chaba passed about 300 km off the coastal citrus producing area.

As a result, this year's harvest has been significantly reduced.

"We expect far fewer Japanese Mandarin Oranges to be available in Canada this season than we had anticipated," said Walt Breeden, citrus category director for the Oppenheimer Group, the local produce company that has been marketing the fruit in Western Canada and **beyond for over a century. "The** typhoon conditions affected not only the number of oranges harvested, but also the ability of those picked shortly afterward to maintain good condition during shipping, so they were not exported. We are particularly disappointed because so many of our customers count Japanese Mandarin Oranges among their favorite Christmas traditions and would like to pass them along to future generations. **It's too bad the severe** weather will keep the seedless Japanese orange out of some **stockings this year."**

Instead, students are being offered Mandarin Oranges **grown in China. "Next year, we** hope to bring the sentimental favorite Japanese fruit back to this important **program."**

Cont'd from "Folklore"...

from Japan. Marketers and retailers began calling the fruit "Mandarin oranges" instead of "Japanese oranges."

Until the 1960s, the oranges continued to arrive in wooden boxes, with each orange hand wrapped in green paper. These boxes were a favorite gift to both give and receive. After the oranges had all been eaten, the wooden crates were converted to sleds, tool boxes, shoe boxes, doll beds and houses, and a myriad of other useful items. Eventually, the wooden boxes were replaced by more cost-efficient cardboard containers, though many people remember the well constructed and functional wooden crates almost as fondly as the oranges themselves.

Now, the oranges travel from Japan to Vancouver in large bulk shipping containers loaded on ocean vessels. They are packed into nine and five-pound boxes locally, and transported throughout Western Canada in November and December.

INTERESTING FACTS:

Mandarin oranges are nicknamed "zipper-skin" and "kid-glove" oranges, because of their easily peeled peel.

Mandarin oranges arrive from Asia in large bulk boxes. The local BC Blueberry packers, who are not using their facilities at this time, cooperate with importers to sort, individually wrap and repackage these oranges into the familiar 5 lb retail boxes.

There are hundreds of different seed varieties used for commercial Mandarin orange production. When exporting began, local Mandarin oranges were named after their port of origin to distinguish them from their neighbours. Thus you will note that Satsumas is a district on the southern tip of Japan and that there are coastal towns named Owari and Okistu, just like the fruit. The oranges we are serving come from the ZHI Xiang Province of China.

BC Agriculture in the Classroom Foundation
Toll–free Phone: 1.866.517-6225 Fax 604.854-6068 www.aitc.ca/bc