



FARM TO SCHOOL LESSON

Satsumas

Satsumas look very similar to oranges and tangerines, but have a thicker peel and a juicer inside.

Farmers started growing satsumas in Mobile and Baldwin Counties over 100 years ago!

Why did the Satsuma go to the doctor? **BECAUSE HE WASN'T PEEING WELL!**

NUTRITIONAL FACTS

- Fat-free
- High in vitamin C, which helps your immune system, wound healing, and maintenance of cartilage, bones, and teeth
- Full of B-vitamins to support growth and provide energy.
- Good source of potassium and phosphorus
- Excellent source of fiber

SNACK IDEAS

Satsumas are a great choice for a snack. Just peel and they are ready to eat! Try pairing satsumas with cheese, nuts, popcorn, or milk to make a more well-rounded snack.

SATSUMA FRUIT SALAD

- 3 small satsumas
- 1 large apple
- 1 large bunch of grapes
- 8 strawberries
- 1 teaspoon lemon juice
- 1 teaspoon cinnamon

1. Wash the apple, strawberries, and grapes. Slice the apple into small chunks, and slice the tops off the strawberries, then cut in half.
2. Peel the satsumas and separate into segments. Toss all fruit into a large bowl with the lemon juice and cinnamon.

Color the smiley face that reflects how you felt about satsumas after you tried one for the first time.



*References: <https://mobilebaymag.com/sugar-sweet-satsumas/>
<https://source.colostate.edu/6-health-benefits-citrus/>