



A monthly publication for members of the Olympia Food Co-op and its surrounding communities

December 2018

Delicious, wonderful citrus season

is upon us, and with it comes many small round things that look alike, but may taste quite different. Below is a primer with information about the varieties the Co-op often carries. When you are selecting your small round citrus, keep in mind what qualities you like most: sweet, tangy, juicy, easy to peel, no seeds...hopefully the list below will help you choose a delicious fruit that will meet all your requirements.

-Erin, OFC Produce Manager

All descriptions are taken from harvesttotable.com by Steve Albert.



Small Round Things

Algerian Tangerine (also called Clementines): Juicy, sweet, mild to rich flavor, excellent taste. Medium-small to medium sized and usually seedless flesh. Rind is deep orange to orange-red, smooth and glossy. Peels easily.

Dancy or Daisy Tangerine: Rich, spicy flavor. Dark orange-red, smooth, thin rind. Peels easily. Flesh is deep orange. Smaller than other mandarins and seedy.

Fairchild: Cross between 'Clementine' mandarin and 'Orlando' tangelo. Rich

flavored, juicy and sweet. Orange flesh. Medium to medium-small and round. Red-orange rind that is somewhat difficult to peel.

Fremont: Rich, sweet fruit and seedy. Medium-size with bright orange rind.

Gold Nugget: Cross between mandarin and tangor. Rich flavor. Medium oblong to round shape with golden orange pebbly rind. Flesh is orange and seedless.

Honey (also called 'Murcott'): Wonderfully sweet tangerine flavor and juicy. Very small and seedy. Yellow-orange rind.

Lee: Cross between a 'Clementine' and Orlando tangelo. Tender, juicy, and sweet. Medium-size, round to oblong with yellow-orange rind that is smooth and thin.

Minneola: Hybrid between a mandarin and a grapefruit. It is bright orange-red and has a distinctive neck. It has a rich, tart flavor tangerine flavor when picked late and some seeds.

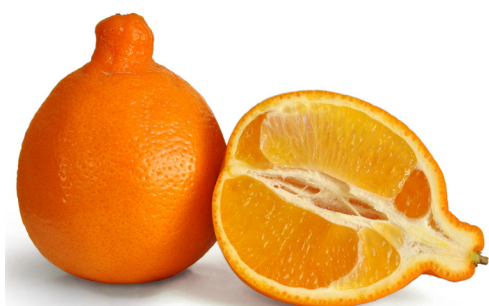
Nova: Cross between 'Clementine' and 'Orlando'. Juicy and very sweet. Medium-sized, orange, pebbly rind. Pulp is deep orange.

Orlando: Has small fruit with mild, sweet flavor and is seedy.

Page: Cross between 'Clementine' and 'Minneola' tangelo. Small, sweet and juicy with few seeds. Orange rind that can be tough to peel.

Pixie: Mild, sweet and seedless fruit. Medium-orange flesh with yellow-orange rind. Easy-to-peel.

Satsuma: Moderately sweet, sprightly



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flavor. Seedless with loose skin, peels easily. Medium-small to medium sized fruits. Rind and flesh are orange.

Sunburst: Cross between 'Robinson' and 'Osceola'. Sweet complex flavor with an undertone of grapefruit. Large, sweet, red-orange fruit with smooth skin. Easy to peel. Some seeds.



Grapefruit

Grapefruit are typically either golden (Honeygold) or pink-fleshed (Rio-Star and Ruby). Color is only a matter for the eye — flavor and juiciness of golden and pink grapefruits are similar. The best grapefruits are smooth, thin skinned, heavy for their size and flat at both ends. Grapefruit is generally available year-round, but with peak season happening between November and June. Many grapefruits carried at the Co-op come from Texas, while the majority of our other citrus fruit comes from California.

Cocktail is a pomelo/grapefruit cross. Large fruit with white flesh and sweet-tart flavor. Typically available January-March.

Oroblanco is a pomelo/grapefruit cross. Yellow skin, thick rind, few seeds. Sweet, juicy grapefruit flavor without the bitterness. Available November-March.

Pommelo is the largest citrus fruit. The greenish-yellow skin is thick and smooth. The juicy flesh is typically white, with a sour and slightly bitter flavor.

Specialty Citrus

Kumquats are eaten whole, skin and all. The skin is sweeter than the flesh; usually no seeds. Two varieties are sold in the

U.S. Nagami is larger, Meiwa is smaller, sweeter, and milder. Kumquat is best if you roll it in your palm a little to release the aromatic oils. Typically available December-March.

Meyer Lemons are quite different than other lemons: rounder, thin skinned and more orange colored. Meyers are tangy, juicy, and much less acidic than standard lemons, and slightly sweet when fully ripe. Wonderful for baking and vinaigrettes.

Sweet Limes are completely different from standard limes. They are pale yellow and look almost like a rounded lemon. They have a subtle, refreshing, delicate flavor and are most often consumed as a beverage, by rolling the fruit around and then poking a hole in the skin and sucking the juice out.



Oranges

Blood, or Moro Orange gets its name from the red blotches on its skin and deep blood-red flesh. Good juicing fruit. Distinctive rich orange taste with berry overtones; some seeds. Typically available December-April.

Cara Cara Orange AKA the Florida red navel, has a reddish-pink flesh with a rich orange taste with overtones of raspberries and strawberries. Available December-May.

Navel Orange is a great eating orange with a crisp, sweet rich flavor. Easy to peel & few if any seeds. Available November-April.

Valencia Orange is a great juice orange with super sweet, yellow-orange flesh, slightly acidic. Hard to peel but has few if any seeds.

