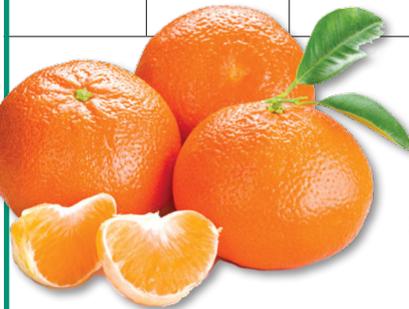


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3					8	9
10						
17	18					

Produce of the Month



Enjoy fresh & free Clementines

SHOPPER TIPS

- Clementines are a hybrid of a mandarin and sweet orange.
- Look for clementines with uniform orange color, shiny skin, and no blemishes or wrinkles.

WHAT'S IN IT FOR YOU?

- Good source of vitamin C.
- Okay source of fiber.

SERVING IDEAS

- Try serving them in a green salad, on top of your yogurt, or just by themselves!

PEAK SEASON

- Most widely available from late October through February.

STORAGE

- At room temperature clementines only last 3-4 days. Store in the fridge if you want to save them for longer.

Fun Facts about Clementines:

- The clementine was thought to have been first produced by a French missionary in Algeria in 1902
- Spain is the largest producer of clementines
- Clementines are naturally seedless

Get Your Fruit On!



Spinach and Clementine Salad with Jalapeno Vinaigrette

INGREDIENTS:

- ½ cup clementine juice
- 1 jalapeno, diced
- ¼ an onion, diced
- 2 Tbsp white wine vinegar
- 3 Tbsp Olive oil
- 4 clementines, peeled and sliced into rounds
- 1 bag of spinach or other greens
- ½ cup of almond or other nut, chopped
- 1/3 cup of feta cheese

DIRECTIONS:

1. Cut jalapeno in half and remove seeds and white pith. Chop finely.
2. Mix together juice, jalapeno, onion, vinegar, and olive oil.
3. In a large bowl, add clementines, spinach, nuts, and feta. Pour dressing over the top and toss to coat the salad.
4. Serve and enjoy!

Nutrition Facts: Spinach and Clementine Salad with Jalapeno Vinaigrette
Yield: 4 servings, **Calories:** 260, **Total Fat:** 19.6g, **Saturated Fat:** 3.9g, **Cholesterol:** 11mg, **Sodium:** 199mg, **Total Carbohydrates:** 18.5g, **Dietary Fiber:** 4.7g, **Protein:** 7.2g, **Vitamin A:** 136%, **Vitamin C:** 114%, **Calcium:** 19%, **Iron:** 14%