



# Mandarin Oranges

## THE ORGANIC BOX NEWS

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The mandarin orange holds a special place in Western Canadian history. During the 1940s to 1960s,



steamships filled with mandarins, would race each other across the Pacific to the Port of Vancouver. When rumour spread that the steamships were soon to arrive, a first-come, first-served queue of five tonne trucks would form at the docks.

Cranes dropped pallets of the wooden-crated oranges onto the dock and drivers would then speed back to their respective produce houses, frantic to be the first to deliver the crop. One such driver was Jack, father of Randy Hooper, Managing Director of Discovery Organics. The Organic Box works very closely with Discovery Organics and much of your food comes through their loving hands.

The mandarin oranges in your box were grown on Lishu Farm (Hunan Province, China). The total area of this organic mandarin orchard accounts for 18.7 ha and it is a 100% organic farm. The organic mandarin orchard is certified according to USDA standards.



**Nutritional Information:** Mandarin oranges are an excellent source of vitamin C and bioflavonoids. The white stuff on the orange is really good for you. It contains the highest amount of bioflavonoids which exhibit anti-inflammatory, anti-microbial and anti-cancer properties.

We love the combination of mandarins and pomegranates, another holiday favorite. Try a pomegranate, mandarin and spinach salad! Pomegranates are considered a super fruit because they contain a high concentration of antioxidants.



## Pumpkin, almond and mandarin cookies (makes 15-20)

<http://scandifoodie.blogspot.com>

2 cups raw almonds, roasted  
1/2 cup rolled oats  
1 cup besan flour (chickpea flour)  
Pinch of salt  
1 teaspoon baking soda  
1 teaspoon ground cinnamon  
1/4 teaspoon ground ginger  
1/4 teaspoon ground cloves  
3/4 cup roasted pumpkin puree  
1 cup pitted dates  
Zest of 3-4 mandarins  
3/4 cup mandarin juice (from about 4 mandarins)  
drop or two of bitter almond extract (optional)



1. Preheat the oven to 200 degrees C and line two cookie trays with baking paper.
2. Place the roasted almonds and oats into a food processor and blitz until the mixture resembles breadcrumbs. Add in the flour, salt, baking soda and spices and blitz until everything is combined. Empty the mixture into a large mixing bowl.
3. Place the dates, pumpkin puree, mandarin zest and juice along with a drop of bitter almond extract into a food processor and blitz until smooth. Add the mixture into the dry ingredients and stir well to combine.
4. Take large spoonfuls of dough and place onto the cookie tray. Using your fingers, shape the cookies into round disks.
5. Bake for about 20 minutes, then leave to cool on a wire rack.

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