



# *Mississippi Farm to School*

Mississippi Grown. Mississippi Good.



## Satsumas are an excellent way to eat healthy!

Satsumas are a variety of the Mandarin orange and make a great snack as they are very low in saturated fat, cholesterol, and sodium. They are a good source of fiber and potassium and an excellent source of vitamin C to maintain a healthy immune system.

## Fun Facts

- The Satsuma owes its given name to a former province in Japan, where it is believed to have originated from a natural mutation.
- Size affects flavor and sweetness. Generally, sweetness increases with size.
- Satsumas have long been given to relatives and friends as a symbol of abundance and good fortune.



*Satsumas are grown in Mississippi by farmers like Tom Giles from Waynesboro, MS.*

*There are over 100 different Satsuma varieties.*