



Mandarin Ginger Orangeade

By Erin Fletter

Prep Time 5 / Cook Time 0 / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

mix: to thoroughly combine two or more ingredients until uniform in texture.

Equipment

- ☐ Pitcher
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus squeezer (optional)
- ☐ Liquid measuring cup
- ☐ Dry measuring cups
- ☐ Wooden spoon

Ingredients

Mandarin Ginger Orangeade

- ☐ 3 to 4 mandarin oranges for 1/2 C orange juice
- ☐ 4 C ginger ale
- ☐ 1 C water
- ☐ 1/4 C brown sugar, agave syrup, coconut sugar, or 5 stevia packets

❏ ice

Food Allergen Substitutions

Mandarin Ginger Orangeade

Instructions

Mandarin Ginger Orangeade

scrumptious science

Citrus fruits, like oranges, lemons, and grapefruits, are popular for their bright flavors and nutritional benefits, including high levels of vitamin C and other antioxidants. They are also a good source of fiber and low in calories, making them a healthy addition to any diet. Citrus fruits are native to South and Southeast Asia and have been cultivated for thousands of years.

slice + juice + mix

Have kids slice **3 to 4 mandarin oranges** in half and squeeze about **1/2 cup of orange juice** into a pitcher. Add **4 cups ginger ale**, **1 cup water**, **1/4 cup sugar**, and **ice**. Mix and serve! "Ganbei" (Gahn bay) or "Cheers" in Mandarin Chinese!

Featured Ingredient: Mandarin Orange!

Hi! I'm a Mandarin Orange!

"I'm a popular fruit snack for children and adults! I'm smaller and generally sweeter than a navel orange. It is super easy to peel me and pop an orange section into your mouth!"

History & Etymology

A mandarin orange (or mandarin) is a type of citrus fruit. The wild mandarin originated in South China and Southeast Asia. Sweeter domesticated mandarins have been cultivated for at least 4,000 years.

China produces the most mandarins worldwide. In the United States, California grows the most mandarins commercially, followed by Florida.

Citrus fruits related to mandarin oranges are clementines, tangerines, and satsumas. Clementines are hybrids of mandarins and sweet oranges (which are hybrids of mandarins and pomelos). Tangerines and satsumas are considered types of mandarin oranges or separate but related species. They appear to be hybrids of mandarins and pomelos, with both having more mandarin influence than pomelo.

The name "mandarin" comes from the late 18th-century French "mandarine." Its use for the citrus fruit may be related to the color of the robes worn by Chinese officials, who were called "mandarins" by Europeans in the 16th century.

Anatomy

The mandarin orange species (*Citrus reticulata*) is from the Rutaceae or citrus family. The wild mandarin is one of the original ancestral citrus classifications (taxa).

The mandarin orange tree is an evergreen and grows from 10 to 25 feet tall. Its tree trunk and major branches have thorns. Its leaves are 2 to 4 inches long, green, glossy, and oval-shaped, with pointed tips at each end, resembling a lance head. Its fruit is small and rounded, about 1 1/2 to 3 inches in diameter.

A mandarin's thin skin may be orange, yellow-orange, or red-orange and is easy to peel. The whitish, spongy inner layer of the rind is referred to as the pith (technically the mesocarp). The inside flesh is made up of juicy, orange segments.

How to Pick, Buy & Use

Mandarin oranges that are ready to eat are slightly firm and heavy for their size, which indicates juiciness. The skin should be shiny, smooth, and somewhat loose with tiny dimpling. They should be bright orange without any green.

Storing mandarins in the refrigerator helps them to last longer. If they are eaten within a few days, you can store them at room temperature.

Mandarin oranges are a great snack for kids because they are small, easy to peel, and usually seedless. Fresh or canned mandarin oranges are often added to salads, including fruit salads like ambrosia, as well as green salads with nuts and a vinaigrette dressing. They are also added to desserts, like cakes and parfaits. Their juice is added to salad dressings, glazes, marinades, and beverages.

Nutrition

Mandarin oranges contain 85 percent water. They are a rich source of vitamin C, providing nearly 30 percent of the daily value, and a good source of vitamin A. They also have a moderate amount of potassium and calcium.

Mandarins contain beta-carotene and beta-cryptoxanthin, which are plant pigments and antioxidants that may help reduce the risk of developing certain types of cancer. These two pigments are converted into vitamin A in the body, which is essential for a healthy immune system and good vision.

Vitamin C is also essential for the immune system and beneficial for maintaining healthy skin and promoting wound healing. Calcium helps maintain bone health, and potassium plays a crucial role in cell function and heart health.