



Thought Foodness



WEST VIRGINIA HARVEST™



Featuring
Satsuma Mandarins

Did You Know?

Satsuma Mandarins

Where I grow best:

Satsuma mandarins grow best in places that are cool and sunny with good soil that lets water drain well. They originally come from China and Japan but are also grown in places like the southern United States. These spots have just the right conditions to help satsumas grow into a delicious fruit!

My Nutritional Superpowers include:

Just one juicy satsuma gives you almost half of the vitamin C you need in a day! Plus, eating satsumas is even better than just drinking orange juice because they have fiber. Fiber keeps your tummy happy, helps your body use sugar in a healthy way, and can even keep your heart strong by lowering cholesterol.

I taste great in meals like:

Satsuma Mandarin Salad, Satsuma Mandarin Scones , and Satsuma Marmalade.



You can find fresh **Satsuma Mandarins** at **Krogers** in West Virginia and on **Amazon!**



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Recipe Spotlight

Satsuma Orange Scones

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Mix the dry stuff: In a big bowl, mix the flour, sugar, baking powder, and salt.
2. Add the butter: Grate the cold butter into the bowl with a grater, or chop it into small pieces and mix it with the flour until it's crumbly.
3. Add the wet stuff: Pour in the cream, Satsuma juice, and zest. Stir as much as you can, then use your hands to gently press the mixture together until it's sticky and lumpy.
4. Shape the dough: Place the dough on a floured surface, gently flatten it, fold it in half, turn, and fold again. Do this 4 times.
5. Cut and freeze: Shape the dough into a circle about 1 inch thick. Cut into 8 pieces and place them on a baking sheet with parchment paper. Freeze for a few minutes.
6. Bake: Preheat the oven to 425°F. Bake the scones for 20 minutes or until they're light golden brown.
7. Make the glaze: Mix the powdered sugar, milk, zest, and salt in a bowl until smooth. Once the scones are cool, drizzle the glaze on top.

What you will need:

For the Scones:

- 2 $\frac{3}{4}$ cups flour
- $\frac{1}{2}$ cup sugar
- 2 teaspoons baking powder
- 1 $\frac{1}{2}$ teaspoons salt
- 1 stick (8 tablespoons) cold butter
- $\frac{3}{4}$ cup cream
- $\frac{1}{2}$ cup Satsuma mandarin juice
- 1 teaspoon Satsuma mandarin zest

For the Glaze:

- 1 cup powdered sugar
- 2 tablespoons milk
- 1 teaspoon Satsuma mandarin zest
- Pinch of salt

*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe.
Please ask a parent or guardian to assist with cutting fruits or vegetables.




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