



Tangelo Minneola

#32424 | 64/Cnt

Overview:

Tangelo Minneola Tangelos are a hybrid cross between tangerines and grapefruits, also known by the name 'Honeybells.' They are a lesser known citrus hybrid that pack a big punch, and are known to be juicy, with a pronounced sweet and tangy flavor profile.

History:

Tangelo Minneola's were initially developed by the USDA at a research station in Orlando, Florida in 1931. The original hybrid is said to be a cross between Dancy Tangerines and Duncan Grapefruits. This variety was selected for ease of peeling and its sweet and tart profile. The hybrid was named after the town of Minneola, Florida in the greater Orlando area.

Growing Region:

Within the United States, Tangelo Minneola's are well known for commercial production in Florida and California. Colloquially, this citrus hybrid is referred to as a 'Honeybell Tangelo' when grown in Florida. In both regions they are typically harvested between Late December and early Spring.

Nutrition:

Minneola Tangelos are an excellent source of fiber, Vitamin C and Folate. They also contain moderate amounts of potassium and Calcium.

Preparation:



The sweet-tart, tangy profile of this fruit makes them useful in several culinary applications. However, as with most citrus, they are best enjoyed raw. Minneola Tangelos can be sliced or diced and used in green salads or fruits salads. They can also add complexity to vinaigrettes, cocktails, juices, smoothies and salsas.

