Mandarin orange

The mandarin orange (citrus reticulata) is a tropical and sub-tropical tree belonging to the family Rutaceae. Mandarin oranges are native to the tropical regions of Asia such as southern Asia. The fruit was likely to have been named mandarin because it was introduced to the west by china.

The Chinese associate mandarin oranges with good luck.

A good source of vitamins and minerals, the fruit is often consumed fresh. It can be canned in syrup or made into juice. The fruit and rind are used to flavor bakery products and tea. Mandarin oil is used to flavor carbonated beverages.

Essential oil obtained by cold compression of the peel is used in aromatherapy and traditional medicine for the treatment of insomnia, as well as skin and digestive problems. Different varieties of the fruit and the parts of the plant, such as the seeds, roots, leaves and flowers, are used in Indian, Chinese and Malay traditional medicine. Petitgrain mandarin oil is obtained from distilling leaves, twigs and unripe fruits of the plant. Some of the essential oil obtained from the fruits peel is used in the manufacture of perfumes, cologne and floral compounds.

The fruit being high in vitamin C, is considered good for the immune system. It is supposed to help combat phlegm and keep colds at bay. Some varieties of the fruit contain a decongestant called synephrine.