

Produce of the
Month

Oranges

Welcome! Most people are familiar with navel and Valencia oranges, the kinds you find at the typical grocery store. But there are actually many different kinds of oranges available, all of which have some unique traits. There are Ambersweet oranges, which taste a lot like tangerines; the Pineapple orange has a pebbly peel and is known for its sweetness and juiciness; and the Moro, also known as the blood orange, whose fruit is actually red or even deep maroon! No matter which type of orange you choose as your favorite though, you can always be certain you are getting great nutrition!

Another interesting thing about oranges is how they have come to be used for a number of non-food products, particularly

cleaners. Citrus cleaners based on oranges have become very popular for their ability to fight grease and give off a wonderful aroma at the same time, usually a lot more pleasant than the smell you get from harsher chemicals. Many people even use oranges for aromatherapy and as a natural fly repellent.

But the best thing you can do with oranges is pick one up, give it a good wash, cut it open and enjoy the delicious fruit inside. The tender juiciness of a fresh orange is something you just can't beat, and they're sure to bring a big smile to everyone's face.

Sources: FloridaJuice.com, Sunkist®

Orange You Healthy?

Whether eaten as a fresh fruit or enjoyed in the always popular juice form, oranges pack a whole lot of healthy stuff inside. First and foremost is the orange's high Vitamin C content. In fact, eating just one large Florida orange will provide you 113% daily value of Vitamin C! You could literally rely on one orange a day to provide you with all the Vitamin C you will ever need! But there is a lot more to oranges than Vitamin C. That same large orange also packs 14% daily value of fiber, 7% daily value of Vitamin A potassium and 6% daily value of calcium and folate. And that's not to mention the Vitamin B6, thiamin, magnesium and zinc found in an orange. Perhaps the only thing more amazing than the nutrition content of a large orange is how few calories it contains: less than 70! That, and the fact oranges are fat-free, cholesterol-free and sodium-free. Now orange you glad we told you about all that? Your body sure will be!

Sources: NutritionData.com



A Tasty Treat To Try At Home

Orange & Carrot Salad

- 2** Oranges
- 4** Carrots
- 7 tsp** Fresh Lemon Juice
- 2 1/2 tsp** Water
- 3/4 tsp** Cinnamon
- Dash Salt
- 2 1/4 tsp** Fresh Mint Leaves



METHOD

1. Peel the orange
2. Cut the orange into small chunks.
3. Pour the orange and as much of the juice as you can into a bowl.
4. Grate the carrots
5. Add the grated carrots to the orange chunks.
6. Cut the lemon and squeeze or use a juicer.
7. Add 7 tsp of the lemon juice to the orange and carrot mixture.
8. Add water, cinnamon, and salt to the mixture.
9. Wash and dry the mint.
10. Finely chop the mint leaves.
11. Add the 2 1/4 tsp of the mint to the salad bowl.
12. Use a large fork or spoon to stir until it's well combined.
13. Eat!
14. This is best eaten the day it's made but if you have any left over, cover and put the salad in the refrigerator. It will keep for 1-2 days.



The Amazing History of the Navel Orange

One of the most popular types of orange is the navel orange, and the fruit has a rather interesting story to tell.

The first navel orange was discovered in 1820 in a grove of sweet orange trees in Brazil. The navel orange was not, however, a new kind of orange in the traditional sense; it was actually a natural mutation that left the fruit with a curious miniature clone of itself and the characteristic belly button-like indentation. The fruit also contained no seeds, meaning it could not reproduce in its new form. A new tree that produces navel oranges must be given some assistance from humankind, by taking a bud from a navel tree and grafting it onto another plant. Doing this will cause the new tree to grow to produce delicious navel oranges.

Brazil sent a dozen navel seedlings to the USDA in Washington, D.C., in 1872, one of which was given to a Riverside resident named Eliza Tibbets. In 1878, the tree bore its first fruit, and the oranges became known as Riverside oranges, later called Washington oranges to increase their national appeal. In only a few years, more than half a million navel trees were growing in California. Amazingly, that first tree planted by Eliza Tibbets in 1873 is still very much alive and producing edible fruit! What's more is that because navel trees reproduction is accomplished by grafting buds, every Washington navel orange you eat has the same genetic make-up of the first ones grown by Mrs. Tibbets more than 130 years ago. It is therefore conceivable that every Washington navel orange tree in the world is descended directly from the tree in Washington, D.C.

Sources: *Paramount Citrus, u-s-history.com*

Did You Know That ...

- Christopher Columbus brought the first orange seeds and seedlings to the New World on his second voyage in 1493!
- The orange was not actually named for its color, but is derived from the Sanskrit word "naranga". This word, in turn, comes from the Tamil word "naru", which means "flagrant".
- The U.S. orange crop represents about half of the entire world's output of the fruit!
- Warm weather sometimes causes the skin of Valencia oranges to "regreen" by reabsorbing chlorophyll. Despite the greenish color, a Valencia orange that has undergone this process will taste great.
- Orange is the world third favorite flavor, behind chocolate and vanilla.
- Oranges are classified as a "subtropical" fruit.
- Oranges were first cultivated in California in 1769 and became known as "California's liquid sunshine".
- Oranges were mentioned in documents dating from nearly 2,500 years ago and are believed to have been written by Confucious.
- The navel orange is so named for the belly button-like formation on the end opposite the stem. Inside this navel formation is a small secondary fruit-essentially a miniature version of itself!



Sources: *Sunkist® Kids, BellyBytes.com, Health-Care-Clinic.org*

Notable Quotable

I can't compare quarterbacks as apples and oranges in my mind because everybody's in a different system.

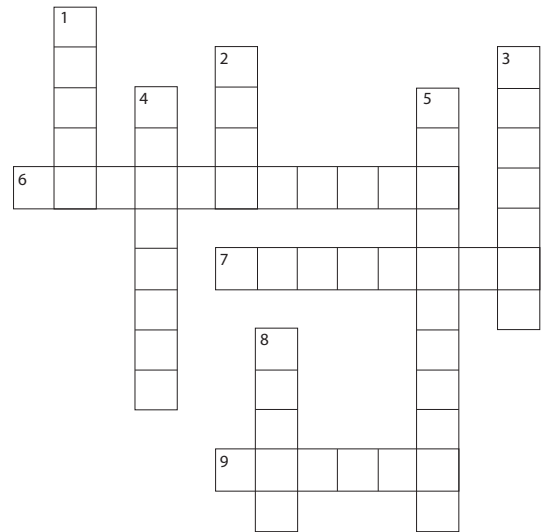
- John Elway

California is a fine place to live - if you happen to be an orange.

- Comedian Fred Allen

Orange Crossword Puzzle

From what you have just read, see if you can answer the following questions and find the answers in crossword puzzle below!



Across

- 6.)** Oranges are classified as what kind of fruit?
7.) The name orange is derived from the _____ word "naranga".
9.) The navel orange first came from what country?

Down

- 1.)** Oranges have no fat, cholesterol or this.
2.) This type of orange contains red marcon fruit.
3.) All Washington navel oranges have the same genetic make up of the fruit from a tree planted in 1873 in Washington, D.C. by Eliza _____.
4.) A large orange contains 113% daily value of what?
5.) Warm weather causes Valencia oranges to "regreen" by reabsorbing what?
8.) Oranges are the _____ most popular flavor in the world.

For More Information

For more information about Oranges, please contact:

WHFoods.com

NutritionData.com

Sunkist.com