

Produce of the Month

Oranges



Nutritional Information

- Oranges are low in calories, but rich in dietary fiber
- A glass of orange juice provides more protective benefits than consuming a vitamin C supplement
- Oranges contain very good levels of vitamin A and vitamin B
- They also contain minerals like calcium and potassium

Fun Facts

- Naval oranges are named that from the “belly-button” shaped formation opposite it’s stem
- Moro oranges are also called “blood oranges”, but don’t worry, it’s just because their pulp is bright red pulp
- After chocolate and vanilla, orange is the world’s favorite flavor
- Christopher Columbus brought the first orange seeds and seedlings to the New World on his second voyage in 1493

Selecting, Storing, Preparing

- The bigger the navel, the sweeter the orange
- Select oranges that have firm, smooth skin and are heavy for their size
- Store oranges at room temperature for 1-2 days
- They can be left in the refrigerator for 1-2 weeks



Recipes/Ideas

In a blender combine one orange cut into chunks, ice, non-fat yogurt, 2 Tbsp of cream of coconut and the juice of one lime for a delicious and refreshing smoothie

Freeze orange juice into popsicles for a healthy treat

Orange slices are delicious on salads, and yogurt

Grilled pork and chicken are delicious topped with orange chutney

For more ideas:

<http://www.sunkist.com/kids/>

<http://www.myrecipes.com/how-to/7-ways-with/recipes-using-fresh-oranges-10000001843742>

9

5

2

1

0

Manchester’s Message for a Healthier You