

# Harvest of the Month



February



Oranges



## Pick:

- Choose firm fruits that are heavy for their size with no mold or spongy spots.
- Skin color may not indicate ripeness, but avoid wrinkled or discolored peels.

## Store:

- Citrus fruits are picked when ripe. They are ready to eat when purchased.
- Store at room temperature for 7-10 days or in the refrigerator for up to 2 weeks.

## Prepare:

- Remember to wash under cool running water, and peel or slice before consuming!
- Orange zest can be used in baking to add a citrus flavor!

## Nutrition Info

One medium orange has 80 calories. Oranges provide vitamin C and fiber.

## Fun Facts

Navel oranges got their name because of the belly-button like formation opposite the stem end. The bigger the navel in an orange, the sweeter it will be.

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.

Different varieties of oranges have different colored flesh – cara cara oranges are pink colored while blood oranges are a deep red!

## Uses

Try making your own fresh squeezed orange juice.

Oranges are a great, portable snack. Simply peel and enjoy!

Orange zest is a common ingredient that is prepared by scraping the outer, colorful skin of citrus fruits. Add orange zest to baked goods.

Add oranges to meat or seafood entrees for a sweet, tangy flavor.

## Family Friendly Activities

Have your child write a poem about oranges. Include facts about where the orange grows & the color, shape, texture, smell and taste of the orange.

Help your child make a list of other fruits and vegetables they know that are the color orange!

Hold a taste test with oranges! Look for cara cara oranges, blood oranges, Mandarin oranges, clementines and regular navel oranges. Compare taste, color and texture!

## Nutrition Facts

Serving Size 3/4 cup (161g)  
Servings Per Container 4

Amount Per Serving

**Calories 70**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 16g**      **5%**

Dietary Fiber 1g      **4%**

Sugars 12g

**Protein 1g**

Vitamin A 6%      • Vitamin C 140%

Calcium 2%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:      2,000      2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Strawberry Orange Juice

*Serves 4 (3/4 cups per serving)*

### Ingredients:

- 12 strawberries, hulled and quartered
- 6 oranges
- ½ tsp. vanilla extract

### Directions:

Place the quartered strawberries in a blender or food processor and puree. Juice the oranges directly into the blender or food processor. Add the vanilla and blend until smooth. Serve chilled.

*For more information on Farm2School & Foot Steps to Health visit [www.GetActiveLaCrosse.org](http://www.GetActiveLaCrosse.org)*

Color an Orange!

