February  Oranges

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 naval oranges. Compare taste, color and texture!

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!
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.

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