

Harvest of the Month



December



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!

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Citrus Punch

Serves 12 (1 cup per serving)

Ingredients:

- 1 (12 ounce) container frozen (100% juice) orange juice concentrate, thawed
- 1 (12 ounce) container frozen (100% juice) apple juice concentrate, thawed
- Juice from 2 oranges
- 8 cups club soda
- 2 oranges, sliced into rings
- 1 lime, sliced into rings
- 1 lemon, sliced into rings
- Ice, if desired

Directions:

In a large punch bowl, combine apple juice concentrate, orange juice concentrate and juice from 2 oranges. Slowly pour in the club soda. Float orange, lime and lemon slices on top of punch. Add ice; serve immediately.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org

Nutrition Facts

Serving Size 1 cup (271g)
Servings Per Container 12

Amount Per Serving

Calories 120 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 29g **10%**

Dietary Fiber 1g **4%**

Sugars 26g

Protein 1g

Vitamin A 2% • Vitamin C 90%

Calcium 2% • Iron 0%

*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

Color an Orange!

