

Harvest of the Month™

WINTER - ORANGES



HEALTHY SERVING IDEAS



MAKE SAUCES AND DRESSINGS



USE FOR JUICING OR SMOOTHIES

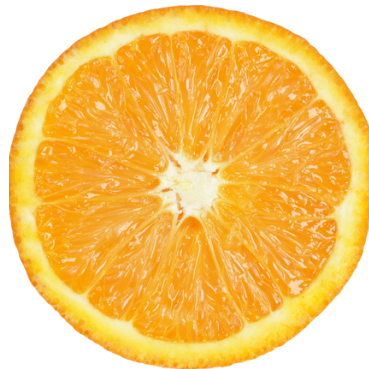


USE TO ADD FLAVOR TO VEGETABLES OR PROTEIN

ORANGES ARE GROWN ALMOST EVERYWHERE IN SAN DIEGO COUNTY! THEY ARE A POWERHOUSE OF NUTRIENTS AND FLAVOR! JUST ONE ORANGE HAS 92% OF YOUR DAILY VITAMIN C NEEDS. IT ALSO IS RICH IN VITAMIN B, FIBER, CALCIUM, AND POTASSIUM.

FOOD WASTE PREVENTION

- STORE ORANGES IN A MESH BAG SO THAT THEY HAVE SOME AIRFLOW
- KEEP THEM IN THE CRISPER DRAWER TO KEEP LONGER, IN THE FRIDGE THEY CAN KEEP FOR UP TO A MONTH
- STORE CUT ORANGES IN AN AIRTIGHT CONTAINER AND USE WITHIN A WEEK
- YOU CAN STORE WHOLE ORANGES IN THE FREEZER IN A BAG, JUST THAW BEFORE USE



FUN FACTS

THE WORD "ORANGE" WAS FIRST USED TO DESCRIBE THE COLOR, THEN LATER USED TO DESCRIBE THE FRUIT!

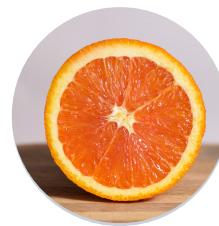
ORANGE VARIETIES



NAVEL

SEEDLESS AND JUICY! GREAT FOR SNACKING AND JUICING!

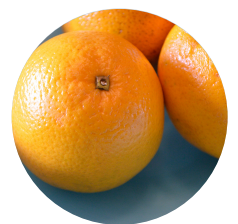
TANGELO
MIX OF TANGERINE AND GRAPEFRUIT. VERY JUICY AND SWEET, WITH LOW ACIDITY!



CARA CARA

A TYPE OF NAVEL WITH PINK OR RED FLESH! VERY SWEET WITH A BERRY-LIKE FLAVOR

VALENCIA
THE MOST COMMON JUICING ORANGE! VERY SWEET, AND BRIGHT ORANGE FLESH



BLOOD ORANGE

DEEP, RED FLESH WITH LOTS OF ANTIOXIDANTS. NOT AS SWEET AS OTHERS, BUT VERY JUICY AND COMPLEX

FUN FACTS

BECAUSE ORANGES DO NOT SPOIL EASILY AND ARE FULL OF VITAMIN C, DURING THE TIME OF PIRATES AND WORLD EXPLORATION, SAILORS PLANTED ORANGE AND OTHER CITRUS TREES ALONG TRADE ROUTES TO PREVENT SCURVY, WHICH IS A DISEASE THAT IS CAUSED BY A DEFICIENCY IN VITAMIN C!

ORANGE VIDEO!

SCAN THIS QR CODE OR CLICK HERE TO WATCH SAN DIEGO UNIFIED'S HARVEST OF THE MONTH VIDEO ON GOLDEN NUGGET TANGERINES!



[HTTPS://WWW.YOUTUBE.COM/WATCH?V=JKY9CB34I9Q](https://www.youtube.com/watch?v=JKY9CB34I9Q)

HEALTHY ORANGE JULIUS SMOOTHIE

INGREDIENTS

- 1 CUP ICE CUBES
- 1 FROZEN BANANA
- 1/2 CUP GREEK YOGURT
- 1/2 CUP ORANGE JUICE
- 2 TSP VANILLA EXTRACT
- 1 LARGE ORANGE, PEELED AND SEGMENTED
- 1 TBSP GROUND FLAXSEED
- 1 TSP HONEY, MAPLE SYRUP, OR AGAVE

INSTRUCTIONS

1. ADD ALL INGREDIENTS TO A BLENDER
2. PROCESS UNTIL SMOOTH, ABOUT 60-90 SECONDS
3. SERVE AND ENJOY!