

# Harvest of the Month



## ORANGES

### Literature Links

- *How Does My Fruit Grow?*, by Gerda Muller
- *Right this Very Minute*, by Lisl H. Detlefsen

### Video Discussion

Where does citrus grow?

How can you tell the difference between a Cara Cara navel and a regular navel orange?

What are some other types of citrus that we eat?

### Local Highlight

Oranges do not grow in Humboldt, but we are lucky to be connected to a farm in a prime citrus region of Central CA.

Check out our video about Cara Cara oranges and the Polly Family Farm:

[vimeo.com/channels/hcoenutrition](https://vimeo.com/channels/hcoenutrition)



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services

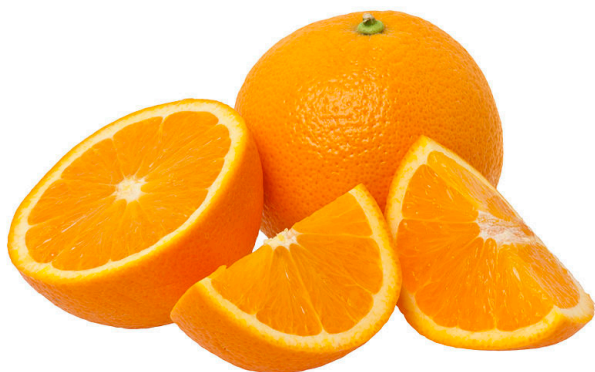


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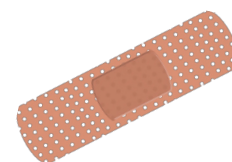
*Citrus sinensis*



Spanish: las naranjas  
Hmong: txiv kab ntxwv

## Nutrition Power

Oranges are an excellent source of vitamin C.



Vitamin C keeps your teeth and gums healthy and helps you heal!

## History

Orange trees are the most cultivated fruit tree in the world! Oranges originated in Southeast Asia thousands of years ago and are considered a symbol of good luck in China and other Asian countries.

Oranges were introduced to the Americas by Spanish colonizers. In the U.S. the first tree was planted in Florida in the 1500s. Orange trees made it to California in the 1700's.



## Did You Know?

- ❑ Plant part we eat: FRUIT
- ❑ Navel oranges got their name because they look like they have a bellybutton, or navel, on their rind.
- ❑ Cara Cara oranges were discovered at the Hacienda Cara Cara in Valencia, Venezuela. The flesh of the orange is pink instead of orange.
- ❑ Unlike many fruits, citrus does not continue to ripen after being picked.
- ❑ There are now over 600 varieties of oranges growing worldwide.
- ❑ There are typically 10 segments inside an orange.

