

Harvest of the Month



Language Links

English: oranges

Scientific Name (Latin):
Citrus sinensis

Spanish: las naranjas

Hmong: txiv kab ntxwv

Local Highlight

Oranges do not grow well in Humboldt. Check out our video about Cara Cara oranges and how they are grown at the Polly Family Farm in a prime citrus region of Central CA.

hcoe.org/2024/01/oranges/

Joke Corner

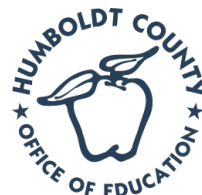
Why did the orange wear sunscreen?
It didn't want to peel.

What did the orange say after she won the most improved award?
The zest is yet to come!

What do you call a frozen orange?
A pulp-sicle!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



ORANGES



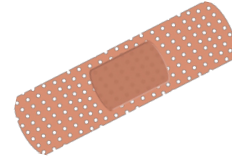
Nutrition Power

Oranges are an excellent source of vitamin C.



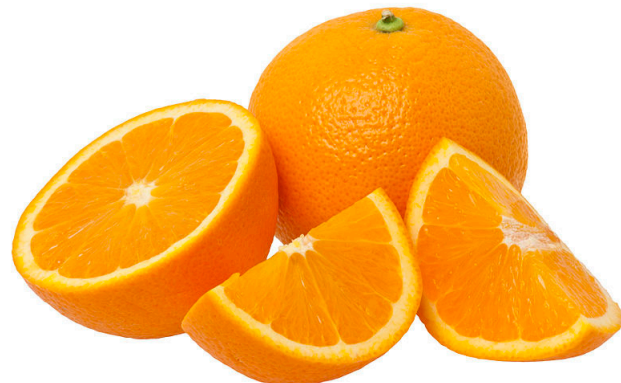
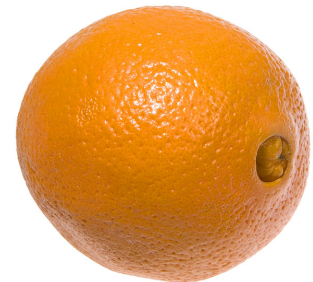
Vitamin C

keeps your teeth and gums healthy
and helps you heal!



Did You Know?

- ❑ Plant part we eat: FRUIT
- ❑ Orange trees are the most cultivated fruit tree in the world! Oranges originated in Southeast Asia thousands of years ago. They were developed by crossing a pomelo with a mandarin.
- ❑ Oranges 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.
- ❑ 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.
- ❑ Americans consume most of their oranges in the form of juice.



ORANGES



Activity Ideas

Create a Plant-iful Holiday (from KidsGardening.org)

Oranges and other citrus are connected to a lot of winter holidays. Mandarin oranges, satsumas and tangerines are traditional Chinese New Year gifts that symbolize good fortune and abundance. Some Winter Solstice celebrations use citrus fruit to symbolize the sun and the promise of longer days and shorter nights to come. Citrus is often used as a Christmas stocking stuffer in the U.S.

Plants of all types play a role in many different holidays. They can be gifts, decorations, and traditional foods. Here are some other examples:

- Kwanzaa: Muhindi (Corn) is placed on a table as one of the essential symbols representing children and the future.
 - Valentine's Day: Roses are used as a symbol of love, beauty and peace.
 - Dia de los Muertos: The strong fragrance of cempasúchil (marigolds) leads the spirits of the dead as they travel back home to rejoin their families for a day.
1. Make a list of all the holidays your students celebrate. Beside each holiday, brainstorm any plants associated with it that may be used for decoration, gifts, or food.
 2. Next, ask students to invent a new holiday that incorporates a special plant or plants as part of the celebration. They can use real plants or be even more creative by inventing a new plant. Students can describe the holiday in writing or in pictures. Ask them to think about these details:
 - In what season/month will your holiday occur? Why? How long does it last?
 - What does your holiday celebrate?
 - What plants are special to your holiday? Why did you choose those particular plants? How do people use them during this holiday? Do they eat them? Are they decorations? Are they gifts?
 - Describe other special traditions of your new holiday such as foods, presents, songs, games, or family gatherings.

Tasting

Cut oranges into slices and enjoy! Compare different types of oranges and other citrus.