

Harvest of the Month



ORANGES



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** the Cara Cara oranges.
2. **MAKE** - No recipe this month. Enjoy the oranges!
3. **LEARN** about oranges with the information below.

Fun Facts

- Navel oranges got their name because they look like they have a bellybutton, or navel, on their rind.
- Cara Cara oranges are a type of navel orange that naturally mutated from a common navel orange tree in Venezuela. The flesh of the orange is pink instead of orange.
- There are typically 10 segments inside an orange. How many do you count?
- Oranges are an excellent source of vitamin C which helps keep your teeth and gums healthy!

Local Connection



The Polly family grows around 40 varieties of citrus in Lemon Cove in the San Joaquin Valley, including Cara Cara oranges. We are grateful that they enjoy sharing their delicious fruit with students in Humboldt County!



HUMBOLDT COUNTY OFFICE OF EDUCATION

Nutrition Programs & Services



Got CalFresh? Don't miss out on any important communication! Be sure to open any mail you get from DHHS and keep all of your contact information up to date!