

Harvest of the Month



Literature Links

- *An Orange in January*, by Dianna Hutts Aston
- *Oranges to Orange Juice*, by Inez Snyder

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 of the characteristics of a high quality orange?

What are some other types of citrus that we eat?

Local Highlight

Oranges do not grow in Humboldt, but local farmer Jim Polly is connected to a prime citrus region of Central CA.

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

vimeo.com/channels/hcoenutrition



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Nutrition Programs & Services

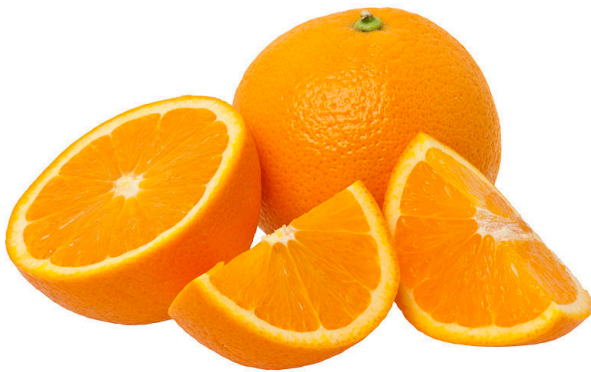


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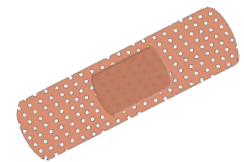
ORANGES

Citrus sinensis



Nutrition Power

Oranges are an excellent source of vitamin C.



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

History

Oranges originated in Southeast Asia thousands of years ago. They are a cross between the mandarin and the pomelo. Today, orange trees are the most cultivated fruit tree in the world!

Oranges were introduced to the Americas by Spanish explorers and conquerors. In the U.S. the first tree was planted in Florida in the 1500s. Orchards took off in California during the gold rush since the miners valued the fruit for its vitamin C.



Did You Know?

- ☐ 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.

