FRUIT OF THE MONTH:  ORANGES

A POWER FOOD!

Oranges are the bright sweet highlights of winter seasonal eating.

Some Types of Oranges:  Navel, Cara Cara, Clementines, Kishus, Satsumas, Blood Oranges and Valencia Oranges

Navel Oranges - most common eating variety of oranges.  They are sweet, seedless, and classic orange sized.

Cara Cara Oranges - sweet navel oranges harvested in California between December and April.  They have low acid and very sweet - often just a bit pink.

Clementines - often marketed in the U.S. as Cuties or Sweeties.  A very small orange and much like a tangerine with a honey like sweet flavor.  Unlike the similarly-sized mandarins - clementines are seedless.

Kishus are teeny tiny tangerines (they make clementines look like giants!). They are sweet as candy!  Available in February and March.

Satsumas are a variety of small mandarin oranges. They are seedless and their skin is loosely attached to the fruit making them easy to peel.

Blood Oranges are famous for their deep red flesh - the reason for their name.  They are a smaller orange, quite sweet and best used as fruit instead of juice to show off their beautiful color. They tend to have a noticeable raspberry edge to their flavor.  The red color in blood oranges is the result of anthocyanin, which develops when these citrus fruit ripen during warm days tempered with cooler nights.  Anthocyanin is an antioxidant, and starts to develop along the edges of the peel and then follows the edges of the segments before moving into the flesh
of the orange - so blood oranges can be lined or streaked with red instead of fully blood colored - depending on the season.

**Valencia Oranges** have thin skins, some seeds, and are very juicy. They are the classic orange juice oranges, but are also perfectly delicious to eat as fruit.

---

**INTERESTING FACTS ABOUT ORANGES**

- The largest citrus crop in the world
- Brazil produces more oranges than any other country
- Navel oranges are named after the belly button shape near the bottom!
- About 25 billion oranges are grown each year in America.
- In the 18th Century, British sailors took sauerkraut and citrus fruits on the ships to prevent scurvy.
- In Queen Victoria’s day, oranges were given as Christmas gifts in England.
- Did you know that the color orange came from the orange fruit?
- Two most common varieties of oranges are Navel and Valencia Oranges.
- Orange is the world’s third favorite flavor after chocolate and vanilla.
VEGETABLE OF THE MONTH:

BROCCOLI! One of the Healthiest Green Vegetables!

FUN FACTS ABOUT BROCCOLI

Broccoli is high in Vitamin C, A and Folate and also soluble fiber – Twice as much Vitamin C as an orange

Tom “Broccoli” Landers holds the current world record for eating 1 pound of broccoli in 92 seconds

Americans eat an average of 4 pounds of broccoli a year

Broccoli is part of the cabbage family

The word broccoli comes from the Latin word brachium and the Italian word braccio, which means “arm”

Twice as much calcium as whole milk

Contains a mineral known as selenium that is anti-cancer – Yes – I’m one of the world’s most powerful agents against cancer!

A source of Vitamin A and E which are incredible antioxidant agents.

Unlike those wimpy summer veggies, we’re at our best in the winter months.

We were once known as Italian Asparagus!
GREAT HEALTH TIPS FOR 2014

EAT BREAKFAST
MAKE HALF YOUR PLATE FRUITS AND VEGETABLES
WATCH PORTION SIZES
BE ACTIVE
FIX HEALTHY SNACKS
GET TO KNOW FOOD LABELS
FOLLOW FOOD SAFETY GUIDELINES
DRINK MORE WATER

“The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W. Washington, D.C. 20250-9410, by fax (202)690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or (800) 845-6136 (in Spanish).”

“USDA is an equal opportunity provider and employer.”