



Harvest of the Week

Volume 1, Issue Blood Orange

Health and Learning Success

Getting children to try and eat new foods can be difficult. **Harvest of the Week** helps your family learn new ways to eat more fruits and vegetables. Explore and expand your family's tastes by regularly trying new fruits and vegetables.

Let's Get Physical!

Take a family walk after dinner and finish with some stretches.

Find ways to be active inside your own home such as taking more steps, holding room cleaning contests, and dancing during TV commercials.

Fun Facts

The antioxidant **anthocyanin** provides the deep red color of blood oranges.

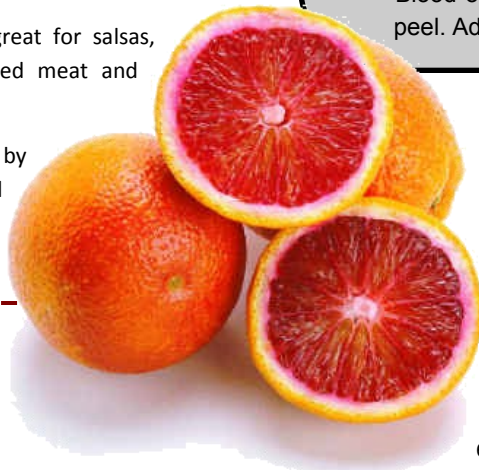
Oranges originally came from Southeast Asia, and they were sour and bitter. Today's sweet oranges originated in Spain.

Oranges are actually a kind of berry.

Blood Orange

HELP YOUR CHILD EAT HEALTHY

- Blood oranges are a quick and healthy snack.
- Add peeled, blood orange segments to your favorite salad for a juicy splash of citrus.
- For a tasty frozen treat, place the juice from oranges in paper cups or ice-cube trays with popsicle sticks or toothpicks to make orange pops.
- Blood oranges are great for salsas, and roasted or grilled meat and poultry.
- Make a new sauce by adding a diced blood orange to heated marmalade.



AMBROSIA

Makes 4 servings

Ingredients:

- 3 blood oranges, peeled and sectioned
- 2 small grapefruit, peeled and sectioned
- 1/2 cup orange marmalade
- 1 tsp vanilla extract
- 2 8-oz containers of fat-free lemon yogurt
- 2 TBS shredded coconut (optional)

Directions:

1. Combine sectioned fruit in medium bowl.
2. Add marmalade and vanilla, and stir gently to coat citrus sections.
3. Spoon equal amounts into 4 bowls.
4. Spread 4 oz of lemon yogurt on top of each portion. Top with shredded coconut if desired.
5. Chill 20-30 minutes before serving.

Visit www.sunkist.com for more recipes.

PRODUCE TIPS

- Choose blood oranges that are heavy for their size, and without soft spots, bruises or wrinkles.
- Oranges with a thinner skin tend to be juicier than those with a thicker skin.
- Blood oranges keep for 1 week at room temperature and 3 weeks in the fridge.
- Unlike other fruits, citrus fruit does not continue to ripen once picked.
- Blood oranges can be more difficult to peel. Adult assistance may be needed.

HealthWise

- ✓ Breakfast is a very important meal of the day.
- ✓ Students who eat breakfast tend to eat more fruits and vegetables.
- ✓ Ask your child what he/she learned about blood oranges at school.

Blood Orange Nutrition Facts	
Serving Size	1 medium orange
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 1g	
Vitamin A 6%	Vitamin C 120%
Calcium 6%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	