

This Week's Featured Food:

Amazing Blood Oranges



Did you Know?

-Blood oranges get their red color from the antioxidant, anthocyanin.

-They taste much like an ordinary orange, except they are slightly more bitter.

-The levels of vitamin C are higher in blood oranges compared to normal oranges. They are often referred to as the anti-aging orange.

-They are a winter fruit, and are normally available from December through May.

References:

<http://bleedingspresso.com/2008/01/all-about-blood-oranges.html>

<http://blood-oranges.com/blood-orange/>

