

Blood Oranges



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- Blood oranges get their name from the deep red color of their flesh. There is no actual blood in them! Like normal oranges, they are orange colored on the outside but can sometimes be reddish colored too.
 - The “blood” color of their flesh only happens when the fruit grows in a place that is warm during the day but cold at night.
 - They are mostly grown in Italy but we get most of ours from California.
 - Blood oranges taste like a normal orange but can sometimes taste a little like a raspberry too!
 - They are grown and harvested during the winter and spring months.
 - They are very good for you!



[Click here to see the Orange Song!](#)

OKCPS School Nutrition Services

