

Orange

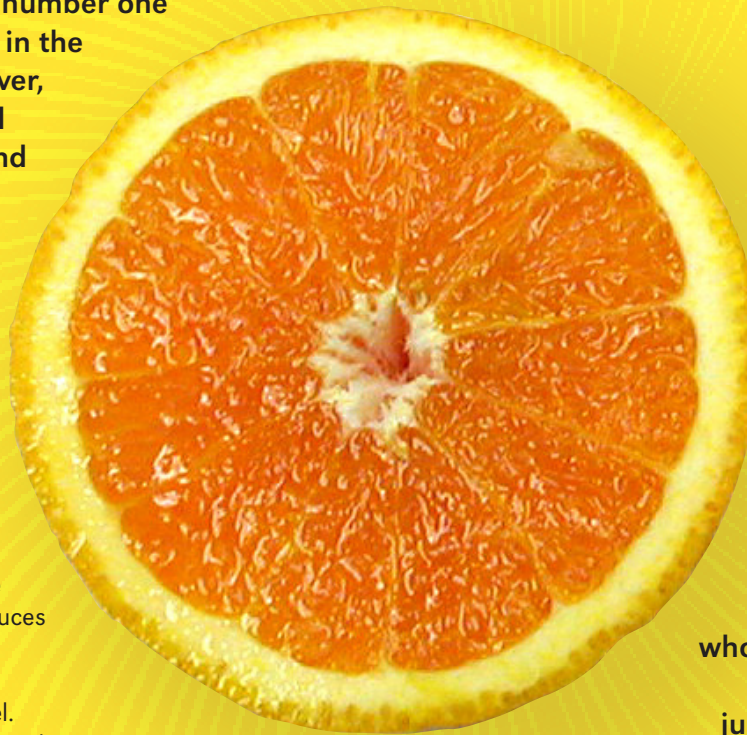
The outer peel is usually a yellow orange color. Oranges range in size from small to large. The fruit inside is orange and made of several easily separated segments (usually about 10 segments). Do not eat the peel or seeds.

Oranges are fruit which grow on trees.

It is believed oranges originated in Southeast Asia.

Christopher Columbus and other explorers brought orange seeds and seedlings with them to North America. By the 1820's, there were orange groves growing in St. Augustine, Florida.

Oranges are a member of the citrus family. Florida is the number one producer of oranges in the United States. However, California, Texas and Arizona also grow and sell oranges. 90% of Florida's oranges go into juice.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin
- High in folate, calcium, potassium, thiamin, niacin and magnesium

VARIETIES

Varieties include the sweet orange, the sour orange and the mandarin orange (or tangerine). The United States mostly produces sweet orange varieties, including: Hamlin, Parson Brown, Valencia and Navel. Some oranges have seeds and some are seedless.

USES

Peel and eat as a whole fruit or add to fruit salads. Drink 100% juice or use the juice in dips, sauces, smoothies and baked goods.

Oranges are not grown in Nebraska.



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This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.