

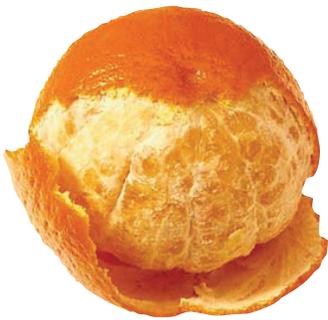


# Market Basket of the month

February

The Market Basket of the Month  
featured fruit is

## ORANGES



### Simple Serving Tips

**Orange-Vanilla Freeze Pops:** Whisk 1½ C. fresh squeezed orange juice, 1½ C. low-fat vanilla yogurt, 1 T. sugar, and ½ t. vanilla extract in a medium bowl. Divide mixture among freezer-pop molds. Insert the sticks and freeze until completely firm, about 6 hours. Dip the molds briefly in hot water before unmolding.

**Spinach-Orange Salad:** Top baby spinach with bite-size pieces of peeled oranges and sliced almonds. Top with a low-fat poppy seed dressing.

### Produce Tips

- Oranges can be stored at room temperature or in the refrigerator without plastic bags for up to two weeks.
- The bigger a navel in an orange, the sweeter it will be.
- Rinse oranges with cold water before peeling.

## Orange and Pork Chops

Ingredients: (Serves 4)

- 2 oranges
- ¼ C. white-wine or white vinegar
- C. honey
- ¼ tsp. pepper
- 4 bone-in pork chops
- 5 springs rosemary

1. Grate peel and then juice 1 orange; cut the other orange into 8 wedges.
2. In a bowl, whisk together grated orange peel and juice, vinegar, honey, and pepper to make a marinade.
3. Place pork, orange wedges, and rosemary in a shallow dish or zip-top bag and coat with marinade. Refrigerate pork at least 2 hours or up to overnight.
4. Remove park, orange wedges, and rosemary from marinade and place on wire rack set on a foil-lined rimmed baking sheet. Pour marinade into a small saucepan, simmer over medium until reduced by half, about 5 minutes.

Source: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

### Be sure to visit our Market Basket of the Month partners:

- Brown's Orchards & Farm Market
- Central Market York
- Penn & Market Farmers' Market
- Flinchbaugh's Orchard & Farm Market

## Nutrition Facts

Serving Size 1 medium orange  
(154g)

### Amount per Serving

**Calories 75** Calories from Fat 0

% Daily Value

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 2mg 0%

**Total Carbohydrate** 19g 6%

Dietary Fiber 3g 14%

Sugars 13g

**Protein** 1g

Vitamin A 8% Calcium 7%

Vitamin C 152% Iron 1%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

### Let's Move

**Freeze Dance:** Everyone dances until one person stops the music. When the music stops, freeze in your pose and hold it until the music starts again. Repeat and have fun!

**Hallway Bowling:** Use empty water bottles and any ball you have for this game. Place bottles up in a triangle at the end of a hall or against a wall, aim and bowl. Tip: If the bottles topple too easily, fill each with a little bit of water.

**Animal Races:** Make room for the family to be silly and race like the animals! Take turns naming animals. Try these movements - hop like a bunny or a frog, squat and waddle like a duck.

Source: <http://momypoppins.com/newyorkcitykids/25-exercise-games-indoor-activities-for-kids>

### Just the Facts

- There are over 600 varieties of oranges.
- Christopher Columbus brought the first orange seeds and seedlings to the New World on his second voyage in 1493.
- Citrus fruit will never rot before it is plucked from the tree.

**Market Basket of the Month** is a WellSpan Community Health and Wellness Initiative. To view a listing of monthly family newsletters, go to: [www.wellspan.org/marketbasket](http://www.wellspan.org/marketbasket).

