

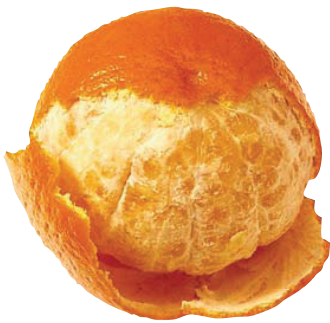


Market Basket of the month

February

The Market Basket of the Month
featured fruit is

ORANGES



Simple Serving Tips

- Toss orange segments into salads, oatmeal or yogurt.
- Add some orange juice to your water when cooking rice.
- Add an orange slice to your drinking water.
- Dip orange segments into melted chocolate; lay on wax paper and refrigerate to harden.
- Place banana slices into a cup; add some orange juice; enjoy as a snack.

Produce Tips

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

Orange Rice Salad

Ingredients: Makes 5 Cups

- 2 C. cooked brown rice, cooled
- 1/2 C celery, diced
- 3/4 C. raisins or other dried fruit
- 1/4 C chopped nuts
- 2 T. vegetable oil
- 1 T. orange juice or vinegar
- 1/4 C. parsley, chopped or 1 tsp. dried parsley
- 3 green onions, washed and thinly sliced
- 1 can (15 ounces) mandarin oranges with juice
- 1/4 tsp. each salt and pepper

1. Mix all ingredients together in medium-sized bowl.
2. Chill for an hour to allow flavors to blend.
3. Refrigerate leftovers within 2 hours.

Serving size = 2/3 C. (200 Calories)

Source: www.FoodHero.org

Visit our Market Basket of the Month partners:

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

Let's Move

Step Challenge: Using a step in your home, see who in the family can complete the most steps in one minute - moving feet up, up, down, down. Practice, then try the challenge again later this month!

Stair Climbing: Walk or jog up and down a flight of stairs for 10-20 minutes. Start slow and be sure to hold a handrail!

Active Family Fun: Plan an outing with the family that gets everyone moving. Go to an indoor ice skating or roller-skating rink, go bowling, or enjoy your favorite snow sport!

Exercise DVD: Try a new exercise video. Free online workouts for adults are available at: www.acefitness.org/acefit/ACEfit-workouts/#Workouts

Just the Facts

- Clementines are small oranges that are seedless unless bees pollinate the flowering trees.
- Oranges are one of the few fruits that will not over-ripen if left on the tree.
- Oranges contain more fiber than most fruits and vegetables.
- More orange trees are killed by lightning than plant diseases.

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

