



Oranges

Educator Guide Highlights



What is in it for you?

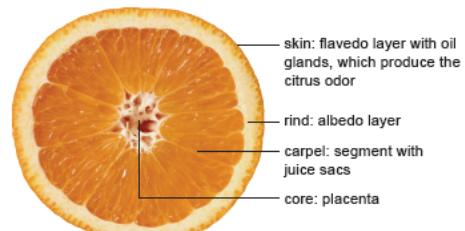
- An excellent source of vitamin C which helps:
 - Heal cuts and wounds
 - Keep gums and skin healthy
- A source of fiber, B vitamins, thiamin, folate, potassium and thiamin

Just the Facts

- Oranges grow on evergreen trees, which thrive in warm, subtropical to semitropical climates. The orange tree's leaves are oval and glossy, and the flowers are white and fragrant.
- Navel oranges are the most popular "eating" orange in the world. They got their name because the bottom looks like a bellybutton or navel.
- As Valencia oranges ripen on the tree, they go from green to yellow-orange. When the weather becomes warm the oranges regain a little green tinge starting at the stem end as a result of the chlorophyll returning to the peel. This process is called "re-greening."
- Unlike many fruits, citrus does not continue to ripen after being picked.

A Slice of Orange History

Which came first – the color or the fruit? The fruit! In fact, oranges are first mentioned in history more than 4,000 years ago and were once considered a luxury among Italian nobility. Oranges arrived in the New World in 1493 when Columbus brought a variety of citrus fruits over on one of his voyages. As early as the 1700s, it was reported that orange seeds were being successfully grown at Spanish missions in southern Arizona.



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Categories of Oranges

Sweet: Sweet oranges are used for juicing and eating. Examples: Navel, Valencia, Blood oranges

Mandarin: These "eating oranges" are small and have a bright orange skin that is easy to peel, and has inner segments that are easily separated. Examples: Clementine, Mandarin, Tangerine.

Bitter: Bitter oranges are usually used for marmalade, candying and liqueur, as they are too bitter to be eaten. The most common variety is the Seville.



Trivia Questions:

Q: Which citrus fruit is nicknamed the "Christmas fruit?"

A: the Clementine

Note: Directions for conducting a taste test of oranges can be found in the full December *Educator's Guide*. Additional **Market Basket of the Month** information / resources include botanical and historical facts, mini-posters of various oranges, an enlarged botanical diagram, and trivia questions. Ask our school principal or school district food service director for the location of your school's **Market Basket of the Month** Promotions Kit.