What is in it for you?
- One orange boosts the immune system with over a day’s worth of vitamin C
- Citrus fruits like the clementine, grapefruit, orange, tangerine and ugli fruit may lower the risk for mouth, throat and stomach cancers

Produce Tips
- Choose citrus fruits that have shiny skin and are heavy for their size
- Store citrus fruit at room temperature or in the refrigerator without a plastic bag for up to 2 weeks

Serving Ideas
- Pack a clementine or tangerine for lunch – both peel very easily
- Add mandarin orange sections, sliced red onions and almonds to baby spinach
- Sprinkle a grapefruit with brown sugar and bake or broil for a breakfast treat or dessert

Fun Facts
- Oranges got their name from an ancient Southeast Asian word that means “fruit”
- 25 billion pounds of oranges are produced in California and Florida each year
- Grapefruit got its name from the way it grows on the tree - in clusters like grapes

Market Basket of the Month is coordinated by the Community Health Improvement department of WellSpan Health.
For additional serving tips and recipes, go to www.wellspan.org/marketbasket.org or scan the code.