The Market Basket of the Month featured fruit is

ORANGES

February

Orange Cow

Makes 3 servings

Ingredients:
2 cups orange juice, frozen
2 cup water, cold
⅓ cup non-fat milk, dry
1 teaspoon vanilla
1 cup ice (add to preference)

1. Place all ingredients into a blender.
2. Make sure lid is tight and blend until smooth.

Note: Substitute 1 cup milk and 1 cup water for 2 cups water and ⅓ cup nonfat dry milk.

Resource: ChooseMyPlate.gov/recipes
Nutrition Facts: 1 serving = 332 calories; 0g fat; 1 mg cholesterol; 57mg sodium; 2g dietary fiber; 75g total sugars; 0g added sugars and 7g protein

Let’s Move

Challenge a friend or family member to these moves...

Planks: Face each other with elbows on the floor and balanced on your tiptoes. See who can hold this position the longest!

Squats: Stand with your feet shoulder’s length apart and squat down, bending your knees and keeping a straight back. It helps to also keep your arms out straight. Be sure your knees are behind your toes. Who can get the deepest squat or the most squats in a minute?

Bear Crawls: With your palms and feet flat on the floor, arch your back so that you look like a momma bear. Who can win a bear race?!

Just the Facts

• Orange trees can grow to reach 30 feet and are evergreen, which means they keep their leaves year-round.
• All oranges sold in the store are ripe. Sometimes after turning orange, the skin will re-green but this does not change the flavor.
• Florida oranges tend to have more green on the skin than California oranges. The warm night climate in Florida causes the chlorophyll pigments to migrate into the orange peel giving it a green color.

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

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Nutrition Facts:

Serving Size 1 medium orange
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