



# Citrus Fruit



## 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](http://www.wellspan.org/marketbasket.org) or scan the code.

