

Harvest of the Month

Network for a Healthy California

Oranges



VUSD
Food and Nutrition Services

Farm to School
ventura county

How Do Oranges Grow



- ✓ **Oranges** grow on Evergreen trees.
- ✓ **Orange** trees thrive in warm, subtropical to semi-tropical climates.
- ✓ **Orange** blossoms flower in spring. They are white and fragrant. They are even used to make perfume!
- ✓ It takes 8-18 months for the **orange** flower to grow into fruit and ripen.



Meet the farmers from *Foothill Organics!*

- Photo: Farmers Brian and Lupe Guzman (left to right)
- They grow navel oranges on 2000 acres in Southern California!
- One of their farms is located in Fillmore.



Farmer Video

*Featuring Foothill Organics
located in Fillmore, CA*

Each monthly video is posted on the VUSD

VC Farm to School [YouTube Station](#)

Directions: Copy and paste the you tube video web address

(<https://www.youtube.com/channel/UCWSo0WBwLsPvAmAz1q1qPOg>) in the internet browser. Click enter or click the search button. Or click the blue link above to direct you to the video.

Brought to you by:



VUSD
Food and Nutrition Services

Some Orange Varieties



Blood Orange

Cara Cara Orange

Navel

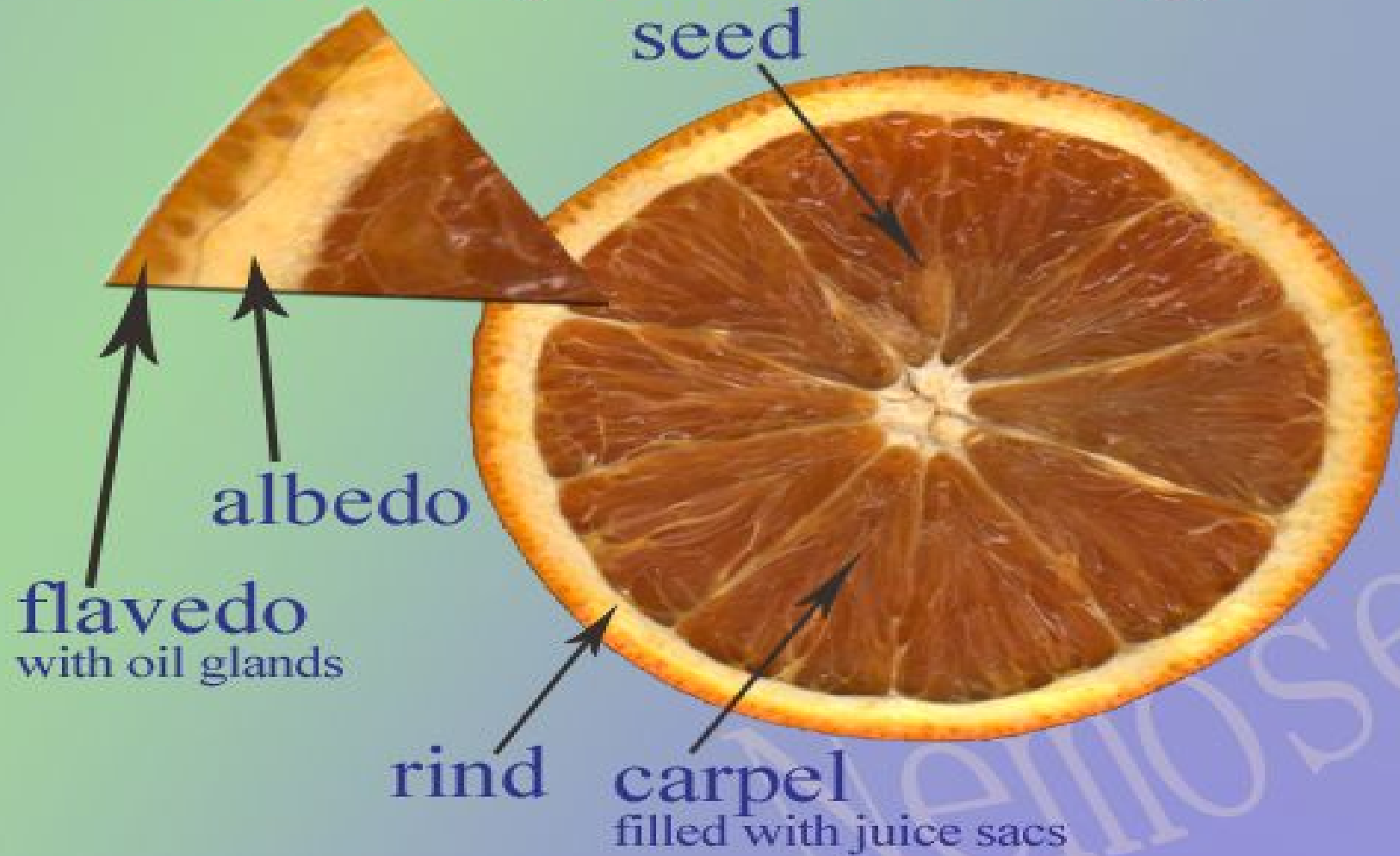


Cara Cara

Valencia



Anatomy of the Orange



seed

albedo

flavedo
with oil glands

rind

carpel
filled with juice sacs

WUOLLOSE



A Slice of Orange History

- **Oranges** were 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.
- With the founding of the first Spanish mission in San Diego in 1769, **oranges** and lemons were introduced into California from Mexico.
- In the pueblo of Los Angeles, William Wolfskill planted his first **orange** grove in 1841 shipping to St. Louis in 1877. **Oranges** were now available to everyone.





Just the Facts



- ✓ Almost 40% of the **orange** crop in the United States is used for making frozen concentrate.
- ✓ After chocolate and vanilla, **orange** is the world's favorite flavor.
- ✓ **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 **Valencias** 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.



Home Grown Facts

- **Navels** and **Valencias** are the two main **orange** varieties grown in California. Major producing areas are the San Joaquin Valley region and the coastal area from Santa Barbara down to the San Diego/Mexican border.
- The first three **Navel orange** trees were brought from Brazil and planted in Riverside, California in 1873. When the trees started producing fruit in 1878, the quality was so superior to any other **orange** grown in California that it quickly became the most popular variety. Today, one of the original trees is still alive and producing fruit.
- **California oranges** are rated the finest eating or table **oranges** (best looking and least messy to eat). They usually have a full **orange** color (due to drier climate and cooler nights), with a thicker skin and are less juicy than the Florida fruit.



VALENCIA



NAVEL



Oranges are in the CITRUS FAMILY

CITRUS FRUIT



PINK GRAPEFRUIT

WHITE GRAPEFRUIT

OROBLANCO



POMELO

SHADDOCK POMELO

UGLI FRUIT



LIME

LEMON

CITRON



KAFFIR LIME

YUZU

PONKAN / DEKOPON



TANGERINE

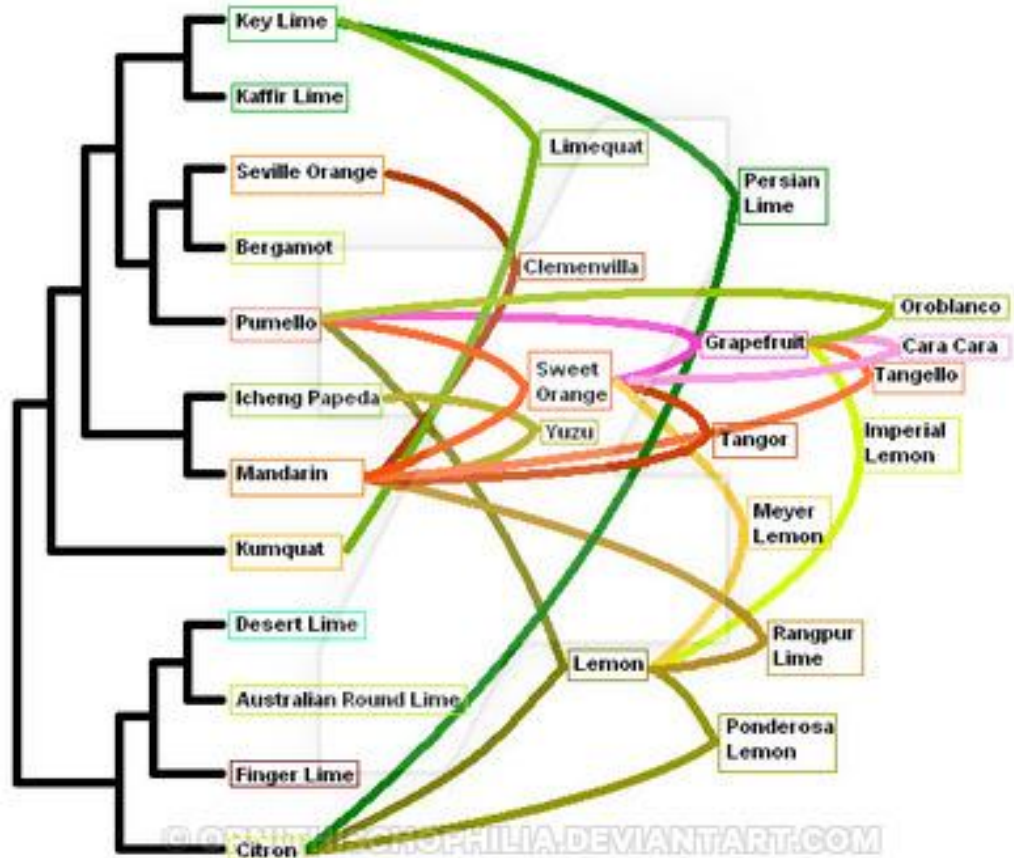
MANDARIN

ORANGE

Sweet Oranges are made from mixing:

Pomelos & Mandarins

Can you find the parent varieties of lemons on the hybrid graph? Grapefruits?



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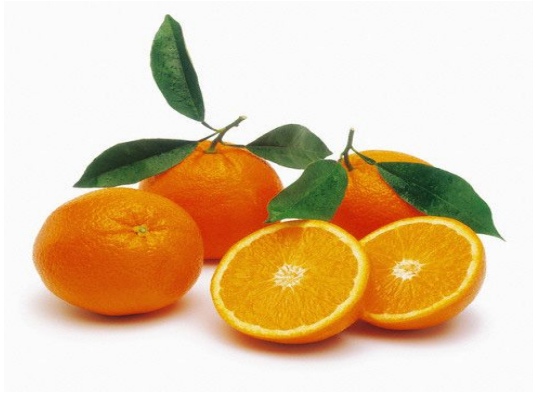
Reasons to Eat Oranges



A ½ cup of orange sections provides:

- ❖ **An excellent source of vitamin C**
- ❖ **A source of fiber, B-vitamins, thiamin, and folate**
- ❖ **A source of potassium**





Navel Oranges

Orange Tasting



Blood Oranges

vs.

1. Wash hands & put on gloves.
2. Slice the Navel & Blood Oranges.
3. Serve 1 slice of each variety to each student.
 - *Use the next slide to conduct a mindful eating exercise using all 5 senses.*
 - *How would you describe the flavor, texture, and appearance?*
 - *Share out adjectives to describe your tasting experience!*

Remember to Rate the Taste!

Were students trying the orange for the first time? Did they like the orange?

- *Survey the class and fill out the simple survey [here!](#) Just click on your school tab at the bottom of the spreadsheet.*

Orange Five Senses Tasting!

Use adjectives to describe how your orange....

- Looks



My orange looks _____.

- Smells



My orange smells _____.

- Feels



My orange feels _____.

- Sounds



My orange sounds _____.

- Tastes



My orange tastes _____.

Try this recipe from the cafeteria
salad bar.

This **recipe** will be served on the
salad bar everything **Thursday** in
February!

Make this recipe at home!



Oranges

February 2017

Minty Orange Salad

Ingredients:

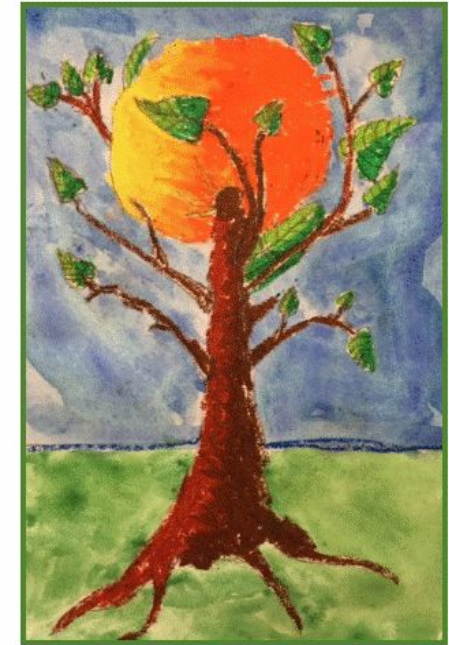
- 2 cup oranges, large diced
- 1 cup jicama, peeled and large diced
- 1 cup Fuji apple, large diced
- 1 tablespoon fresh mint leaves, minced
- Juice of 1 lime

Directions:

Peel and dice oranges and jicama. Dice apples and mince mint. Toss all ingredients together with the juice from one lime. Serve and enjoy!

Yield: Eight 1/2-cup servings

Nutrition Facts: 36 Calories, 0.1 g Fat, 1 mg Sodium, 128 mg Potassium, 9 g Carbohydrate, 2.2 g Fiber, 0.6 g Protein, Vitamin A 3% DV, Vitamin C 50% DV, Iron 3%, Calcium 2%



VUSD Artist: Anna S.

