

APR

## FRESH FRUIT &amp; VEGETABLE PROGRAM

2018



## CITRUS SMASH!

Clementines, tangelos, mandarins, oh my! Have you ever walked through the grocery store and wondered what are the differences between all the various types of citrus fruit, especially oranges? We have! This month, along with learning about all those orange varieties, we'll also get to snack on some delicious and juicy citrus fruits.

## Sweet Oranges



### VALENCIA

Although named after Valencia, Spain, the Valencia orange originates from the area that is now California. It has a thin skin, which makes it hard to peel and perfect for making orange juice.



### NAVEL

Navel oranges have that name because there is a small second orange at the base of the fruit, bulging out and making the end look a bit like a human navel, or belly button. Their easy to peel skin, lack of seeds and strong walls of each orange segment make Navel oranges the number one eating orange.



### BLOOD ORANGE

Blood Oranges get their name from crimson, almost blood-colored flesh. The distinctive dark flesh color is due to the presence of anthocyanin, a type of pigment commonly found in many flowers and fruit, but uncommon in citrus fruit.

## Mandarins



### CLEMENTINE

A clementine is a hybrid between a mandarin orange and a sweet orange. The exterior, or peel, is a deep orange color with a smooth, glossy appearance, and their flesh is typically juicy and sweet.



### TANGERINE

Tangerines are smaller and less rounded than common oranges and are named after the city of Tangier, Morocco. The taste is considered less sour, as well as sweeter and stronger, than that of oranges. A ripe tangerine is firm to slightly soft and is heavy for its size.



### TANGELOS

Sometimes referred to as honeybells, tangelos have loose skin and are easier to peel than oranges. They grow to about the size of an adult fist and can be readily distinguished by a characteristic "nipple" at the stem.

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2017-18

Joke: Why did the orange go to the doctor?  
Because it wasn't peeling well.

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# April 2018

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### Gold Nuggets

Gold Nuggets are a seedless, sweet tangerine named after its bright orange, slightly bumpy rind. They were developed at the University of California at Riverside, and they are considered by professional taste testers to be one of the very best flavored citrus' in the world. We hope you enjoy their rich, sweet and full-bodied taste!

	T	W	T	F	
	3	4	5	<p><b><u>Orange you glad to know that...</u></b></p> <ul style="list-style-type: none"> <li>• It takes 5-7 years for an orange tree to start to produce good, edible fruit.</li> <li>• There is more fiber in an orange than in most other fruits and veggies.</li> <li>• All oranges contain something called "carotene", which gives oranges their orange color.</li> <li>• A single orange plant can bear as many as 60,000 flowers but only 1% of those flowers will turn into a fruit.               <ul style="list-style-type: none"> <li>• About 25,000,000,000 (25 billion!) oranges are grown each year in America.</li> </ul> </li> </ul>	
<b>SPRING BREAK</b>					
	10 Grape Tomato	11 Clementines	12 Cucumber Slices		
	17 Strawberries	18 Gold Nugget Citrus Slices	19 Pepper Medley		
	24 Jicama Sticks	25 Naval Orange Smiles	26 Zucchini & Yellow Squash Sticks		