

SIMPLY GOOD FOOD

ORANGES

Oranges are a good source of vitamin C, four of the B vitamins, and a host of important minerals. They are used in fruit salads, lunchboxes, sauces, custards, cake frostings, and many other dishes. Orange juice is a popular breakfast drink, and some recipes recommend the use of orange juice in basting turkeys and other poultry.

Fun ways to eat oranges:

*Arrange slices on a serving plate, top with shredded coconut for a quick ambrosia.

*Warm maple-flavored syrup and orange slices are a marvelous topping for French toast, waffles, or pancakes.



The two major varieties of oranges eaten in North America are Orange Navel and Orange Valencia. The last great orange you ate segment-by-segment was probably a navel orange that was grown in California and, if so, was a direct descendant from trees planted in Riverside, California, in 1873 by Eliza Tibbets. Thank you, Ms. Tibbets!

The best juicing' orange is the Valencia. More than 90 percent of Florida's oranges are turned into juice, and two-fifths of those are Valencia.

QUALITY GUIDE FOR ORANGES

WHAT TO LOOK FOR:

Firm and heavy oranges with fresh, bright-looking skin which is reasonably smooth for the variety.

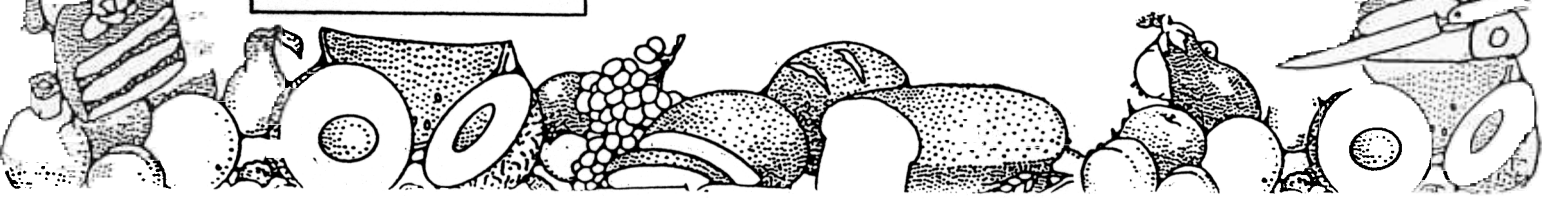
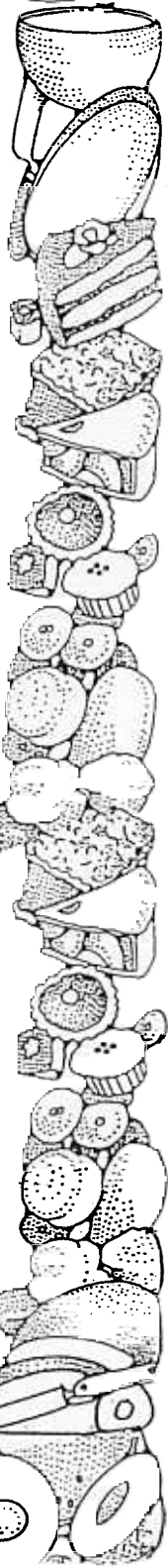
WHAT TO AVOID:

Lightweight oranges, which are likely to lack flesh content and juice. Very rough skin texture indicates abnormally thick skin and less flesh. Dull, dry skin and spongy texture indicate aging and deteriorated eating quality. Also avoid decay - shown by cuts or skin punctures, soft spots on the surface, and discolored weakened areas of skin around the stem end or button.

FRESH FRUIT: A SWEET WAY TO GET VITAMINS

Fresh fruit is so versatile and delicious that even the pickiest eaters have no problem getting the recommended two to four servings of fruit each day. Fresh fruit is a low calorie choice in place of sugary sweets, rich in vitamins and fiber. Oranges have approximately 70 calories per medium orange and an extraordinary amount of vitamin C!

How oranges measure up:
 1 medium orange=
 18-11 sections
 1/2 cup bite sized pieces
 4 tsp. grated peel
 1/4-1/2 cup juice





Oranges will keep at room temperature for one to two weeks.

For longer storage in refrigerator, place in plastic bag or in covered vegetable crisper. Oranges are in season year 'round so you can always get vitamin C!

ORANGE-YOGURT DIP FOR FRESH FRUIT

1 carton (8 ounces) low fat plain yogurt
2 tablespoons honey
Grated peel of 1/2 orange
1 or 2 oranges, peeled, segmented
apple slices
banana slices

In small bowl, combine yogurt, honey, and orange peel. Serve as a dip with orange segments, apple and banana slices. Makes about 1 cup dip.

ORANGE WALDORF SALAD

Grated peel of 1/2 orange
4 oranges, peeled, cut into bite-size pieces
1 unpeeled medium red apple, cut into bite-size pieces
1 cup miniature marshmallows
1/2 cup sliced celery
1/2 cup mayonnaise or salad dressing
1/3 cup chopped walnuts
1/8 teaspoon ground cinnamon

In bowl, combine all the ingredients; cover and chill. Serve on salad greens, if desired. Makes 4 to 6 servings.

ORANGE BREAKFAST DRINK

2 cups orange juice
1 cup milk
1 banana
1 teaspoon vanilla extract
3 or 4 ice cubes

Combine all ingredients in container of electric blender. Cover. Process 1 minute. Serve chilled in glass mugs.
Yield: 4 servings

Supporting State Extension Goal: Health, Safety and Well Being

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