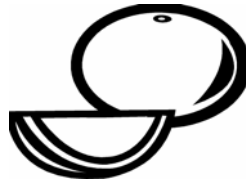


January – Featured Fruit: ORANGE



WASH. PEEL. EAT.



(how easy is that?)



Hi, I'm **Amber Orange**¹. Oranges are the largest citrus crop in the world. Brazil produces more oranges than any other country, followed by the United States, China, Spain and Mexico. The delicious, sweet, juicy oranges that we eat in the United States first came from China. The two most common varieties of oranges are navel oranges and Valencia oranges.

Facts

Navel oranges are the most popular "eating" orange in the world. Navel oranges are seedless, easy to peel, juicy, and taste great. Amber Orange is a navel orange!

How did navel oranges get their name? The bottom of a navel orange looks like a bellybutton or a navel.

Fruit specialists believe that the navel is a smaller fruit attached to the main orange.

You can see this smaller fruit when you peel and separate a navel orange. As this smaller fruit grows the navel on the orange becomes bigger.

Remember, one orange counts as one serving of your 5 A Day. Also, one orange contains all the vitamin C your body needs for the day!

History

The first three navel orange trees were brought from Brazil and planted in Riverside, California in 1873.

This new orange variety, called navel, started producing fruit in 1878.

Its quality was so superior to any other orange grown in California that it quickly became the most popular.

Today, one of the three original trees is still alive and producing fruit.

Where Grown

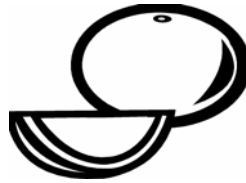
Most oranges in the United States are grown in California and Florida. California and Florida also provide oranges to other countries all over the world, and of course throughout the United States.

Source: ¹Dole 5 A Day. www.dole5aday.com

January – Featured Fruit: ORANGE



WASH. PEEL. EAT.



(how easy is that?)

Types

Valencia oranges originated in either Spain or Portugal. They are commonly referred to as the "juice" orange but are also our main "eating" orange during the summer months. Valencia oranges have a high juice content that makes them refreshing, delicious and sweet.

Some Valencia oranges go through a natural process called "regreening" in the late spring and summer. This regreening happens when the fruit is left on the tree during the summer months; the warm temperatures cause a pigment, called chlorophyll, to return to the skin, causing a greenish tint. The color of the skin has no effect on the sweetness of the fruit. These oranges are fully ripe, sweet and juicy.

Nutrients

- High in vitamin C
- A good source of folate and fiber
- Contains antioxidants that promote health