



UNIVERSITY OF  
**FLORIDA**

EXTENSION

Institute of Food and Agricultural Sciences

FCS8672-Eng

## Florida Fresh: Oranges<sup>1</sup>

Jennifer Hillan<sup>2</sup>

Farmers' markets offer unique opportunities to buy delicious fruits and vegetables. Because the produce is locally grown, it's fresh and reasonably priced. Enjoy some of your favorites or try something new! To find a farmers' market in your area, call your county Extension office or visit the Florida Department of Agriculture's web site: [www.fl-ag.com/farmmkt/city.htm](http://www.fl-ag.com/farmmkt/city.htm).



### History and Facts

 Oranges are native to southern China. They were brought to the U.S. in the 16<sup>th</sup> century by the Spanish.

 Florida leads the nation in orange production.

 Popular varieties of Florida oranges include Hamlin, Navel, Pineapple, and Valencia.

 One orange provides about 75% of the vitamin C we need every day.

 Greenish skin doesn't mean an orange is unripe – it's sweet and ready to eat!

### Availability

October through July

### Selection

Look for oranges that are firm and feel heavy for their size. Avoid soft oranges or those with whitish mold.

### Storage

Oranges are best stored unwashed and uncovered in the refrigerator crisper and used within two weeks.

### Preparation & Uses

Oranges should be rinsed well before eating. Oranges can be cut into sections and enjoyed as a fresh snack or added to salads. Grated orange peel is often used for breads and desserts. Oranges can also be cooked and made into marmalades.

Fresh squeezed juice is another way to enjoy Florida oranges. Since some vitamin C is lost after cutting or squeezing, make only the amount of juice that you will use right away.

1. This publication is FCS8672, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Publication date: June 2001. Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>
2. Jennifer Hillan, MSH, RD, LD/N, coordinator, Educational/Training Programs, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, 32611-0310. Reviewed by Linda B. Bobroff, PhD, RD, LD/N and Leigh Ann Martin, Department of Family, Youth and Community Sciences, and Brenda Williams, Alachua County Extension Service.

The Institute of Food and Agricultural Sciences is an equal opportunity/affirmative action employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap, or national origin. For information on obtaining other extension publications, contact your county Cooperative Extension Service office. Florida Cooperative Extension Service / Institute of Food and Agricultural Sciences / University of Florida / Christine Taylor Waddill, Dean

### Orange Nutrient Facts

- ❖ Excellent source of vitamin C
- ❖ Good source of fiber, thiamin, potassium, and folate
- ❖ Low in calories and sodium
- ❖ Fat and cholesterol free

### What are Organically Grown Foods?

*Organically grown* means that a food was produced without man-made pesticides or fertilizers. Natural pesticides and fertilizers are used instead. Organic and non-organic foods are the same in taste and nutritional value. However, organic foods usually cost more.



### Orange Banana Smoothie

Serves 2

- 1 medium orange
- 1 medium banana
- 1 cup low-fat vanilla frozen yogurt or ice cream
- 2 tablespoons wheat germ (optional)

Blend ingredients until smooth and enjoy!



### Spinach and Orange Salad

Serves 6

- ½ cup orange juice
- 2 tablespoons olive oil
- 3 tablespoons red wine vinegar
- ½ teaspoon black pepper
- 6 cups fresh spinach, rinsed and torn
- 2 oranges, rinsed, peeled, and cut into sections
- ½ small red onion, thinly sliced
- ¼ cup chopped pecans or slivered almonds (optional)

Combine the first 4 ingredients in mixing bowl and set aside. In large mixing bowl, combine spinach, orange sections, and onions. Add dressing to salad and toss. Top with nuts if desired.



### Tropical Salad

Serves 4

- 4 oranges, rinsed, peeled, and cut into sections
- 3 tablespoons coconut, shredded
- ¼ cup dried cranberries or cherries

Combine all ingredients in bowl. Chill until ready to serve.



### Fish à la Orange

Serves 4

- 1¼ lb fish fillets
- 4 oranges, rinsed, peeled, and sliced
- 1 medium red onion, sliced
- ½ cup orange juice
- ½ tablespoon dill, dried
- salt and pepper to taste

Preheat oven to 350° F. Place one layer of orange slices in baking dish. Lay fish fillets on top of oranges. Cover with onions and remaining orange slices. Pour juice over top. Sprinkle with dill, salt, and pepper and cover with aluminum foil. Bake at 350° F until fish flakes easily with fork.