



CWD Healthy Update

CWD Nutrition
Services Department

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Oranges

Oranges are one of the most common citrus fruits. They are native to southeast Asia and traveled with traders across Asia and Europe. Columbus then brought them to America.

Top orange producing countries today include Brazil, United States, China, India, Mexico, and Spain.

Valencia oranges are known as “summer” oranges. Their season runs from February to October with peak production from May to July. California and Arizona are major growing regions for this

variety.

Valencia oranges have a thin skin and are juicy and sweet. They contain seeds. Valencias are excellent for making juice as well as eating.

Navel oranges are in season from November through May. They are considered “eating oranges” as they are sweet and juicy with only occasional seeds. They have a small navel formation at the blossom end and are known as “winter” oranges. They are easy to peel and are outstanding for eating.

Optimum storage temperature for oranges depends on the region they are grown in. Florida oranges should be held at 32°F to 34°F while California oranges prefer temperatures of 45°F to 48°F. Texas/Arizona oranges should be stored at 32°F to 48°F. A RH of 85-90% is recommended.

Oranges are odor producers and should not be stored next to odor sensitive commodities including meat, dairy, and eggs. In addition, they are susceptible to chilling injury and moderately susceptible to freezing injury.

Produce Update

Oranges—demand for choice grade fruit exceeds supplies.

Strawberries—supplies are limited & pricing firm.

Blueberries—supplies remain limited.

Broccoli—nice quality with good supply.

Cauliflower—supplies are plentiful.

Grapes—quality remains good.

Lettuce—supplies exceed demand. Quality is good.

Tomatoes—Florida is producing at 30-40% of planned production due to Hurricane Irma damage.

Source: ProAct

Orange Equivalents

- ◆ One medium orange = about ¼ cup juice
- ◆ One medium orange = about 4/5 cup bite-sized pieces
- ◆ One medium orange = about 10-11 sections
- ◆ One medium orange = 4 teaspoons grated peel



Celebrate November!

- ◆ Good Nutrition Month
- ◆ Peanut Butter Lover's Month
- ◆ Thanksgiving

