



October is Oranges

Nutrition & Health Benefits

- **Folate** - Helps to prevent birth defects, is needed to make DNA, and helps your cells divide
- **Fiber** - Helps to keep digestion running smoothly
- **Vitamin C** - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects our cells from damage.

Preparation & Cooking Tips

Select - Oranges that feel heavy for their size and have firm, finely textured skin.

Store - Refrigerate, in the crisper drawer, to maximize quality. For up to a month.

Prepare - Wash, remove the peel, and enjoy!
Helpful tip: gently rolling the orange between your hands will loosen the peel and make peeling much easier.

Did you know?

- Oranges were first grown in southern China and parts of India around 4000 B.C. People first described the sweet orange in China in 314 B.C.
- Today, there are more than 600 varieties of oranges grown.
- Oranges grow on evergreen flowering trees. These trees have a lifespan of over 50 years!

Fun Facts

- Oranges contain more Vitamin C than any other fruit. Almost 88% of an orange is just Vitamin C!
- Brazil is the largest producer of oranges, growing 1/3 of all the world's oranges.
- Orange juice is the most popular fruit juice in the United States!

Orange Cup Bird Feeders

Ingredients:

- empty orange cups
- bird seed (or you can make your own using nuts, berries, seeds, and grains)
- peanut butter



Directions:

1. Gather your empty orange cups from snacks or making homemade orange juice and your bird seed.
2. If making your own bird seed mix all the ingredients you are using together in a bowl.
3. Add peanut butter to bottom of empty orange cup.
4. Sprinkle bird seed mix on top of peanut butter.
5. Place your bird feeders outside. You can spear the bottom of your feeder on a sturdy twig or branch to keep them from blowing away.
6. Watch and see if birds find your feeders!



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Fun Recipes with Oranges

Fresh Orange Juice

Ingredients

- Oranges

Directions

1. Rinse the oranges under running water and dry.
2. Cut the fruit in half.
3. Remove the seeds as much as possible.
4. Squeeze the halved oranges over a glass, remove any seeds left in the juice.
5. You can also use a citrus juicer if you have one.



Fruit Smoothie

Orange juice is the great smoothie base!

Ingredients

- 1/2 cup orange juice
- 1 cup frozen fruit
- 1/2 cup yogurt (regular or greek)
- 1 cup ice

Directions

1. Add juice, fruit, and yogurt to blender. Blend until smooth.
2. Add ice to blender 1/2 cup at a time and blend between each addition until desired consistency.
3. Serve immediately and enjoy!



Citrus Infused Water

A refreshing treat!

Ingredients

- 8 cups of water
- 2 limes, sliced
- 1 lemon, sliced
- 1 orange, sliced
- ice

Directions

1. Add water to a large pitcher.
2. Add in limes, lemon, orange, and ice. Stir. Serve cold.



Find out more at <https://www.wiharvestofthemoth.org>

Information adapted from Wisconsin Harvest of the Month.