



ORANGES

FIND LOCAL ORANGES IN ARIZONA:

Harvest Months: November-February

Farms to get the local produce:

- Agritopia Farms: Gilbert, AZ
- Aravaipa Farms Orchard and Inn: Winkelman, AZ
- Justice Brothers Ranch: Waddell: AZ
- Orchard Community Learning Center: Phoenix, AZ

Connect with Local Producers!

SCHOOL INTEREST FORM



To ensure food safety with **oranges** always thoroughly wash them under running water before cutting and eating.



ARIZONA HARVEST FACTS!

- The word "orange" for the fruit came before the color name in English.
- Oranges are a rich source of vitamin C, which is crucial for maintaining a healthy immune system. They also contain fiber, folate, and antioxidants, contributing to overall health.
- Oranges have a high water content, making them an excellent fruit for staying hydrated.
- Oranges are typically in season during the winter months, providing a refreshing burst of sunshine and vitamin C when other fruits may be less available.
- Oranges are one of the most efficient fruits for juicing, yielding a high amount of juice. Valencia oranges are prized for their juiciness and are often used commercially to make orange juice.
- Whether used for their juice, zest, or whole, oranges can elevate both sweet and savory dishes with their vibrant flavor and aroma.
- Popular varieties of oranges grown locally include AZ Sweets, Blood, Cara Cara, Navel, Mandarin, Sweet Tangelos, Tangerines, and Valencia.



LOCAL RECIPE:

Spicy Cucumber & Orange Salad

Makes 4 servings: Fruit ½ cup and ¾ cups Vegetables

Ingredients

- 2 medium cucumbers
- 2 medium oranges
- 1 medium lemon or lime, juiced
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt



Directions

- Wash the cucumbers, oranges, and lemon or lime under cold running water.
- Slice the cucumbers. Peel and cut the oranges into small pieces.
- Place cucumber slices and orange pieces in a medium-sized bowl. Add chili powder, lemon or lime juice, and salt.

QUICK MATH: ORANGES



1 LB FRESH ORANGES AS PURCHASED (AP) YIELDS

Approximately
4-5 oranges
(2.5 inch diameter)

0.73 lb
(about 2-1/2 cups)
ready-to-serve
oranges

0.48 lb
(7/8 cup) juice

**1 orange (2.5 inch diameter)
credits 1/2 cup fruit and liquid**