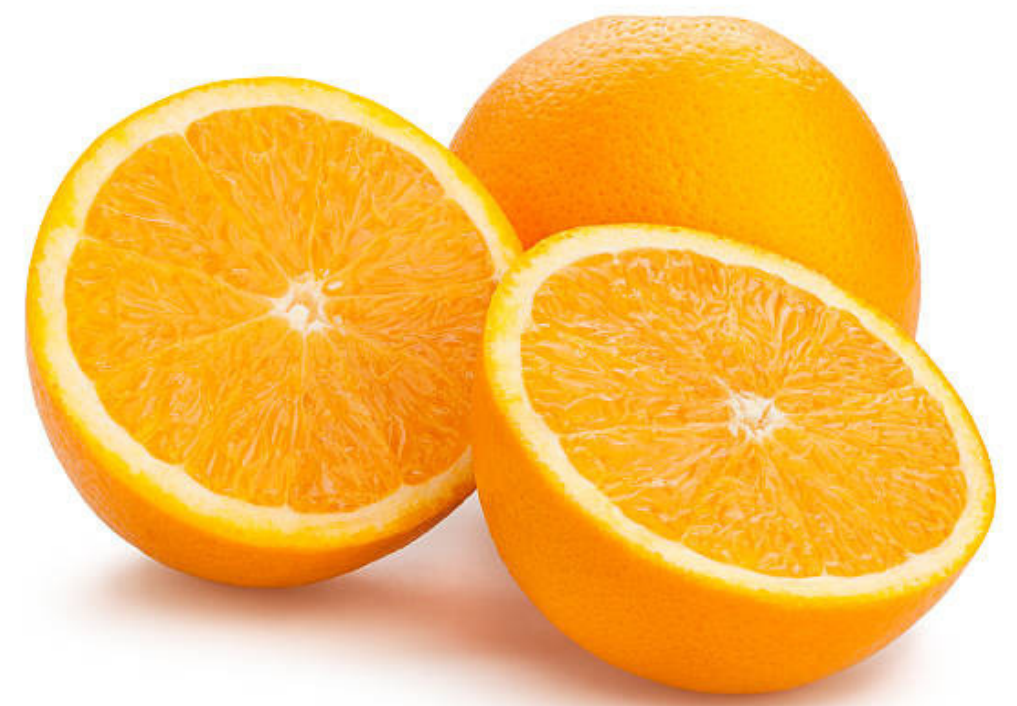


ORANGES

Citrus x sinensis



ORIGIN & HISTORY

Oranges were first grown in southern China and parts of India around 4000 B.C.

The first written mention recorded of the sweet orange in Europe archived in the city of Savona, Italy in 1471. In the 1870s, the navel orange arrived.

The navel orange is the result of a mutation from an orange tree in a Brazil. The mutation left the fruit seedless and sterile. The only method to cultivate navel oranges was to graft cuttings onto other varieties of citrus trees.

ORANGES ALL YEAR LONG

Oranges have traditionally been harvested in winter, but new variety creation & cultivation techniques now allow for harvest almost all year.

Early-season varieties are ready for harvest between October & January, mid-season between December & February and late-season between March & June



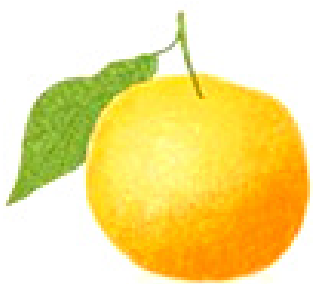
NAVEL ORANGE
sweet with slight bitterness



SEVILLE ORANGE
best for marmalade or flavoring marinade



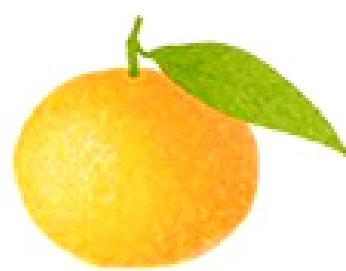
VALENCIA ORANGE
sweet, best for juicing



MANDARIN
distinct species of citrus, great for snacking



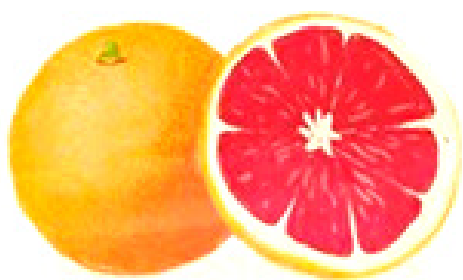
TANGELO
tangerine-pomelo hybrid, sweet and tart



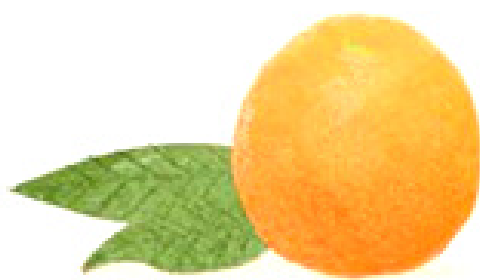
TANGERINE
great for sweeter juice



CLEMENTINE
usually seedless, great for snacking



BLOOD ORANGE
juicy and tart



CARA CARA ORANGE
extra sweet



LIMA ORANGE
aka acidless orange, sweet

THE "SQUEEZE":

TODAY, OVER 75 MILLION TONNES OF ORANGES ARE PRODUCED GLOBALLY OVER 4.5 BILLION HECTARES OF LAND. ORANGES ARE THE WORLD'S MOST CULTIVATED FRUIT TREE.

THERE ARE MORE THAN 600 VARIETIES OF ORANGES, FALLING INTO TWO MAIN TYPES: ONE SWEET, THE OTHER BITTER.

COOKING WITH ORANGES:
YOU CAN FREEZE, JUICE, INFUSE LIQUIDS, CREATE ZEST, USE AS GARNISH, AND CANDY ORANGES. ORANGES ARE SO DIVERSE AND CAN BE ADDED TO SALADS, DESSERTS AND SAVORY DISHES.

THE ORANGE BLOSSOM IS USED IN PERFUME MAKING & HAS BEEN WRITTEN ABOUT AS AN APHRODISIAC AND IS THE STATE FLOWER OF FLORIDA.

ORANGES CONTAIN VITAMIN C, FIBER, POTASSIUM & CHOLINE, WHICH ARE ALL GOOD FOR YOUR HEART.

FOR MORE INFO:

CHECK OUT OUR BLOG ON ORANGES VARIETIES & DIFFERENCES:

[HTTPS://FRESHCHOICEPRODUCE.CA/ORANGES-VARIETIES-DIFFERENCES/](https://freshchoiceproduce.ca/oranges-varieties-differences/)

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