



Give Them More  
of the  
Good Stuff!

# Orange Basics

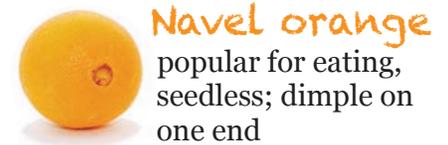
## Shop and Save

- ☼ Different types of oranges are available year round but most have the best flavor and cost less when in season. In the United States, this is from November through June.
- ☼ Choose oranges that are firm and heavy for their size.
- ☼ Avoid oranges with cuts, soft spots or mold.
- ☼ For no added sugar, choose oranges canned in 100% juice or water.

Oranges are high in vitamin C.  
Eat the whole fruit for the most fiber.



## Some Types of Oranges



**Navel orange**  
popular for eating, seedless; dimple on one end



**Valencia orange**  
popular for juicing, some seeds

**Blood orange**

deep red flesh, slight berry flavor



**Tangelo**

juicy, easy to peel; bump of peel on one end



**Mandarin orange**

small, easy to peel; includes tangerine, clementine and satsuma



Zest is the colorful part of the peel that adds bright citrus flavor.

## Store Well Waste Less



- ☼ Store whole oranges at room temperature for 2 to 3 days or refrigerate for 2 to 3 weeks. Keep dry; watch for soft spots.
- ☼ Rinse the peel of whole oranges under running water just before using.
- ☼ Refrigerate cut oranges in a closed container for up to 2 days.
- ☼ Grate the zest from an orange before peeling or juicing. Freeze

extra zest for up to 3 months.

☼ Roll oranges on a hard surface with the heel of your hand before juicing. Freeze extra juice for up to 3 months.

☼ Freeze orange segments for snacks or salads for up to 1 month. Spread on a baking sheet, freeze until hard and then package.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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# Enjoy Oranges

## Carrot, Jicama and Orange Salad

### Ingredients:

- 3 cups cut **jicama** (1/4 x 1-inch sticks)
- 1 cup coarsely grated **carrot**
- 2 cups cut, bite-sized **orange** segments (any type)
- 2 teaspoons **vegetable oil**
- 2 Tablespoons **orange juice** (about 1/2 orange)
- 1 Tablespoon **honey** or packed **brown sugar**
- 2 teaspoons **lime juice** (about 1/2 lime)
- 1/4 teaspoon **salt**

### Directions:

1. Wash hands with soap and water.
2. In a large bowl, mix jicama, carrot and orange.
3. In a small bowl or jar with a tight lid, combine oil, orange juice, honey, lime juice and salt. Mix or shake well.
4. Pour over the salad and stir lightly.
5. Serve right away.
6. Refrigerate leftovers within 2 hours.

**Notes:** Honey is not recommended for children under 1 year old.

**Makes** 4 cups

**Prep time:** 20 minutes

Go to  
**FoodHero.org**  
for easy, tasty  
orange recipes

## Sunshine Roll-Ups

### Ingredients:

- 1/2 cup finely chopped **celery**
- 1/4 cup minced **onion** (any type)
- 1 1/2 Tablespoons **mayonnaise**
- 1 teaspoon low-sodium **soy sauce**
- 1/2 teaspoon **garlic powder**
- 1/4 teaspoon **pepper**
- 1 cup chopped **cooked chicken**
- 2/3 cup **mandarin orange** segments (canned, drained and rinsed, or fresh)
- 2 medium (8-inch) whole-wheat **tortillas**
- 4 medium **lettuce leaves** or any type **salad greens**

### Directions:

1. Wash hands with soap and water.
2. In a medium bowl, mix celery, onion, mayonnaise, soy sauce, garlic powder and pepper.
3. Gently mix in chicken and orange sections.
4. Lay a tortilla on a clean cutting board or large plate.
5. Place 2 lettuce leaves on a tortilla, trimming or moving leaves to keep them inside the tortilla.
6. Place 1/2 the chicken mixture in the middle of the lettuce.
7. Roll tortilla into a wrap and cut in half. Repeat with other tortilla, lettuce and rest of chicken mixture.
8. Refrigerate leftovers within 2 hours.

**Makes** 4 half roll-ups

**Prep time:** 20 minutes



**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ☀️ **rinse the peel of whole oranges under running water just before using.**
- ☀️ **peel and separate orange segments.**
- ☀️ **measure and mix ingredients.**