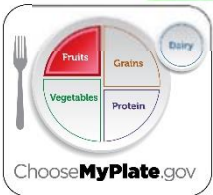


Citrus



NUTRITION NOTES

- One small orange (2 $\frac{3}{8}$ inch diameter) counts as $\frac{1}{2}$ cup of fruit.
- Citrus is fat free, sodium free and cholesterol free.
- One small orange contains 45 calories, no fat and 2 grams of fiber.
- Citrus is an excellent source of **vitamin C** (*plays a role in wound healing*).

Citrus includes oranges, lemons, limes, grapefruit, clementine, tangerine and many other fruits. Citrus fruits are nutritious and complement a variety of dishes, from entrees, side dishes and desserts.

USES AND TIPS

Select fruits with firm, smooth skin that are heavy for their size. Avoid those with cuts or soft spots. Store citrus at room temperature for 1-2 days or refrigerate for 1-2 weeks.

Oranges are a delicious and convenient snack, just peel and enjoy! Try adding orange segments to green salads or make a salsa to top chicken or fish. For an intense citrus flavor in recipes, use the zest of any citrus.

SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

Orange seeds are called pips.

Oranges are the most consumed citrus fruit in the United States.

The heaviest lemon ever recorded weighed 11 pounds, 9.7 ounces.

Grapefruit were so named because they grow in clusters like grapes.

Citrus was brought to the U.S. by Spanish explorers in 1565.

The major citrus-producing states in the United States are Florida, California, Texas and Arizona. Florida is the largest producer of oranges.

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- Citrus fruits grow in Georgia! Citrus is best adapted to the extreme southern and coastal area of Georgia.
- Satsuma is a variety of seedless mandarin orange.
- Citrus begins to ripen in Georgia around October and the season can go through February.
- Georgia grows Satsuma oranges and tangerines in Bacon, Lowndes, Irwin, Bulloch, Pierce, Clinch, Decatur, Thomas and Wayne counties.

Reference: UGA Extension. [Citrus Fruits for Southern and Coastal Georgia. Bulletin 804](#). 2015.

Georgia Department of Education School Nutrition Program