Why Should I Eat Oranges?

- One has almost all the Vitamin C we need in a day—helps heal cuts and keeps teeth and bones strong.
- Fiber-helps control blood sugar.
- Tons of Vitamin B1 (Thiamine)- keeps muscles healthy and helps with digestion of food.
- Lots of Folate - for nerves and baby’s development.

How Do I Know I Have Good Ones?

- Look for ones that are firm and smooth.
- Don’t pick soft oranges or ones that have mold on them.
- Can have some green or brown on their skin. This is completely normal.

How Should I Handle Them At Home?

- Rinse well and peel before eating.
- Can either be stored at room temperature or in the refrigerator. Both temperatures will make them last up to 2 weeks.
- Do not wrap them in plastic wrap. Let the oranges be loose in a large plastic bag.
- Orange peels (called zests) can be stored for later use (for garnishes or for making orange extract) in a closed container. They can be dried before storing in a cool, dry place, or frozen.
- Oranges can be frozen whole. Whole frozen oranges are better than frozen juice.

Prepared by: Lindsay Wheeler, Intern and Mary Keith, Extension Agent

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**Orange Extract**
1. Chop orange peels and fill a small clean jar about 1/3 full.
2. Fill the jar with vodka until all of the skins are complete covered by the liquid.
3. Seal it with a tight-fitting lid, and let the mixture sit for two weeks.
4. Strain out the zest using cheesecloth or a coffee filter.

**Tropical Salad**
- 4 oranges – rinsed, peeled, and cut into sections
- 3 Tbsp of shredded coconut
- 1/4 cup of dried fruit (raisins)

Combine all ingredients in bowl, and chill until ready to serve.

**Orange Sponge Cake**
- 3 eggs
- 1 cup sugar
- 1 Tbsp grated orange peel
- 1 1/2 cups of all-purpose flour
- 2 tsp baking powder
- 6 Tbsp of fresh squeezed orange juice (without the seeds)

1. Preheat oven to 325°F. Grease and flour one 9” round pan.
2. Separate eggs yolks and whites while cold, and then bring to room temperature.
3. Beat egg yolks, sugar, and grated orange rind until light and fluffy.
4. Mix flour and baking powder together and alternately add the flour mixture and the orange juice to the egg yolk mixture.
5. In a separate large clean bowl, with a clean whisk or beaters, beat the egg whites until stiff peaks form. Fold gently into batter.
6. Pour batter into prepared pan and bake at 325°F for 60 minutes.

**Orange Dream**

- Serves 4 people
- 1 1/2 cups of fresh squeezed orange juice (cold)
- 1 cup low fat milk
- 1/3 cup silken or soft tofu (if you want extra thickness)
- 1 Tbsp of honey
- 1 tsp or grated orange peel
- 1/2 orange (or vanilla) extract
- 5 ice cubes
- 4 peeled orange slices

1. In a blender, mix the orange juice, milk, tofu (if using), honey, grated orange peel, orange extract, and ice cubes.
2. Blend until smooth (30 seconds).
3. Use the orange slices to put on the edge of the glass. Serve immediately.

Source: Mayo Clinic