

# Oranges



## Selecting

There are three main types of oranges: juicing, eating and sour oranges.

Oranges are ripe when picked. Look for oranges that feel firm and heavy for their size. The colour of the rind does not indicate level of ripeness so don't worry if the rind is green. Avoid oranges with bruises or soft spots.

## Storing

As with most citrus fruits, oranges are juicier when stored at room temperature but unfortunately will only last a few days. It is best

to store oranges in a plastic bag in the fridge to extend their shelf life.

## Preparing

Wash the orange and then decide how you want to prepare it. Navel oranges are easy to peel with your fingers. To remove the skin from oranges, use a knife to make lengthwise slits in the skin, allowing you to peel the fruit easily.

If you want to segment the orange without the membrane, peel the orange, removing any white pith. Break the orange in half and lay

each half flat. Use a small serrated knife to separate each segment by cutting down against the membrane on each side. You can also just choose to slice across the peeled orange across into pinwheels.

## Eating

An orange is ready to go...just peel and eat. Or if you are using a juice orange, squeeze out the juice for a refreshing drink.

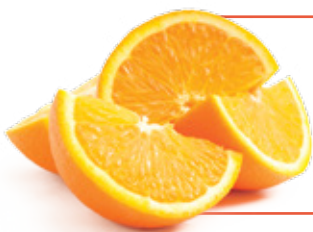
Oranges are make a great addition to salads, and orange juice can be used in salad dressing or marinades.

## Seasonality

Most oranges are available all year round. Seville oranges are only available from December to February.

## Nutrition

An orange has 62 calories. Oranges are a source of fibre, a high source of folate as well as providing a day's worth of Vitamin C. Oranges contain powerful antioxidants which help protect cells from damage by free radicals.



**Here is a recipe that uses oranges in the salad, and orange juice and orange rind in the dressing.**  
[www.halfyourplate.ca/recipe/orange-poppy-seed-dressing-with-crisp-greens-and-roasted-beets-2/](http://www.halfyourplate.ca/recipe/orange-poppy-seed-dressing-with-crisp-greens-and-roasted-beets-2/)

