



# Citrus, Blood Orange

## Purchasing Specifications

### Availability:

October–June

### Growing Regions:

USA, Spain, Italy

### Receiving Information:

- Selection: Choose citrus with good color that is plump and firm. Avoid shriveled or dried out citrus.
- Use: Citrus can be used in everything from salads to stir-fries to drinks.
- Russeting: Do not throw away oranges if they have a rough brown spot on the skin. This is due to russeting, and it does not affect the flavor of the orange.
- Refrigeration: Storing oranges in the pantry or in a warm or non-refrigerated area will promote decay and molding. If oranges are going to be stored in the refrigerator, as long as they are kept at the proper temperature, they will stay good for up to two weeks.

### Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: Yes

- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No
- Skin deterioration; flesh decay: Indication of ethylene exposure - keep oranges away from ethylene-producing produce and ripening rooms.
- Pitting of skin; discoloration: Indication of chill injury.
- Mold: Molding may occur if orange containers are stored directly on the floor - store orange containers off the floor to prevent them from becoming damp. Keep storage area well-ventilated. Do not hold oranges for long periods of time; the longer the oranges are stored, the greater the incidence of decay-causing fungi.
- Usage: Blood oranges can be used like any other orange. Blood orange sections will enliven any salad or fruit mixture. As a garnish, they are unbeatable with their showy color.
- Flesh Description: Flesh is red in color, very juicy and sweet
- Phytochemical: Hesperidin, Tangeritin, Limonene
- Color: Orange; some may be red-tinged
- Variety AKA/Synonyms: Pigmented orange, Connoisseur's Citrus, Moro
- Shape: Round
- Skin Texture: Slightly rough and wrinkled.
- Taste: Sweet; the flavor of this orange has raspberry and strawberry overtones, and is less acidic than other oranges.

## Nutrition Facts

**Serving Size: 1 cup (orange) sections**

Amount Per Serving

Calories 85	Fat Calories
% Daily Value*	
Total Fat 0g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 0mg	0%
Total Carbohydrates 21g	16%
Dietary Fiber 4g	17%
Sugars 17g	
Protein 2g	4%
Potassium 326mg	7%
Vitamin A 3%	Vitamin C 128%
Calcium 7%	Iron 1%

\*Percent Daily Values are based on a 2,000-calorie diet.