



Citrus, Orange

Purchasing Specifications

Availability:

Year round

Growing Regions:

Dominican Republic, Mexico, USA

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.

- Scientific Name: Citrus sinensis
- Usage: Oranges are a favorite as a snack, but they can also be added to salads, fruit bowls and as part of stir-fries.
- Health: Oranges contain pectin, which has been shown in studies to help reduce cholesterol.
- Taste: Oranges vary in taste by variety but are generally sweet and juicy.

Nutrition Facts

Serving Size: 1 cup 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.