

HARVEST OF THE MONTH

JANUARY

recipe The Whole Orange Salad

Oranges

Dressing



1 Orange



¼ cup fresh squeezed orange juice



½ teaspoon grated orange zest



3 tablespoons olive oil

1 ½ teaspoons rice vinegar



1 teaspoon honey



1 teaspoon ground ginger



Salad



2 carrots, thinly sliced



¼ cup crunchy wontons

1 bunch of local greens



¼ cup sliced oranges, peel removed

directions

1. In a small bowl, whisk together all of the dressing ingredients until smooth.
2. In a larger bowl, prepare salad ingredients, then pour dressing over salad. Toss ingredients to coat thoroughly and enjoy!

growing it

Plant Me:

My trees are best when planted in March and April. You can also start me from a seed, but keep me warm as I grow!

Harvest Me:

My fruit is ripe from November to February. I am delicious when smooth, have thick skin, and am firm when squeezed.

taste chart

How does an orange taste?! Circle the flavors below:



Salty

Bitter

Sour

Sweet



DID YOU KNOW?!

The fruit came before the color! The Arabic word for the fruit, "naranj," gradually became the English term "narange," to then "orange."

food origins

Oranges originated in 4000 BC from Southeast Asia, then spread to Northern India, Portugal, and Italy by the 15th century.



Spanish Missionaries introduced the orange to Southern Arizona in the early 1700's.

Arizona is the United States' 4th largest producer of oranges. The US is the second largest supplier of the world's citrus.

IN YOUR STATE



This material is based upon work that is supported by the Food and Nutrition Service, U.S. Department of Agriculture.



For enrichment activities go to mollenfoundation.org/harvest

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