

**Citrus Fruits-
Oranges,
Grapefruits,
Kumquats**

Seasonal Eating

January

THIS MONTH I USED THE FEATURED PRODUCE ON THESE DAYS:

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Top 5 Ways to Use Oranges

5 For a delicious dessert, stir together orange marmalade and vanilla. Add sliced, peeled oranges and grapefruit and serve topped with low-fat lemon yogurt and shredded coconut.

4 Baked or grilled fish or chicken receives a jolt of flavor when topped with an orange salsa. Combine chopped oranges, red onion and cilantro. Add finely chopped jalapeno pepper and toss with fresh lime juice, olive oil, salt and a little dried oregano.

3 Try an Asian-Inspired Chicken Wrap—Sauté chicken, bell peppers, onion, garlic and fresh ginger root in a little lemon juice, brown sugar, sesame oil and soy sauce. Stir in chopped orange pieces and serve wrapped in lettuce leaves or flour tortillas.

2 Add orange segments to a salad of spinach or butter lettuce topped with green onions and toasted almonds. For the unexpected, sprinkle with currants. Drizzle with a bottled sweet dressing like Blush Wine Vinaigrette or Poppy Seed Dressing.

1 Warm up your January by baking your oranges. Layer orange slices or segments in a casserole dish. Sprinkle with a little sugar and top with butter pats. You can add a little cinnamon or Grand Marnier if you like. Bake until hot and bubbly.



Citrus Loaded with Vitamin C

Vitamin C is a water soluble vitamin also known as ascorbic acid. It benefits the body in many ways including helping to slow down or prevent cell damage (antioxidant properties). It also is needed to maintain healthy body tissues and the immune system. Vitamin C also helps the body to absorb iron from plant foods such as spinach. So a citrus dressing or fruit in your salad makes a good, nutritious combination.

Adult, non-pregnant females need about 75 milligrams of Vitamin C a day and males about 90 milligrams.

Fruit	Size	Mg.
Orange	1 med	70
Grapefruit	1 med	78
Orange Juice	3/4 cup	93
Grapefruit Juice	3/4 cup	70
Kumquat	1 med	8

To retain the vitamin C content use fresh produce and juice soon after purchase and cook foods quickly in as little water as possible. Microwave, steam or stir-fry to preserve the most vitamin C.

Did You Know?

- The name grapefruit is derived from how it grows on the tree—clustered together like grapes!
- The proper name for an orange seed is a pip.
- Grapefruit can interact with certain drugs causing an increase in the amount of drug circulating in the body. So check your prescription directions.
- The Pummelo is the largest citrus fruit.
- Kumquats are eaten skin and all.
- Red or pink grapefruit are usually sweeter and slightly more nutritious than white.

Salmon with Orange Ginger Sauce

4 (6 ounce) salmon fillets
3 tablespoons olive oil, divided
Salt and pepper to taste
1 large shallot, minced
1 tablespoon grated fresh ginger
2 tablespoons white wine
1 large navel orange
1 teaspoon orange zest
2/3 cup fresh orange juice
1/4 teaspoon salt
1 tablespoon cold water
1/2 teaspoon cornstarch

Coat bottom of 7"×11" baking dish with 1 tablespoon of the olive oil. Lay salmon fillets in dish, skin side down and drizzle tops with another tablespoon of oil. Sprinkle with salt and pepper. Bake at 400 degrees about 12 minutes or until the fish flakes with a fork and becomes just opaque in the center.

In the meantime for the sauce: In a small saucepan heat remaining 1 tablespoon olive oil. Add shallots and ginger root and sauté until tender, about 3-5 minutes. Add white wine and simmer until reduced by half. Zest the orange to make 1 teaspoon and segment and coarsely chop the segments. Add the orange zest and chopped segments along with the juice and salt to the shallots. Simmer for 5 minutes. Combine cold water and cornstarch in a small jar and shake until combined. Pour into orange mixture and bring just to a boil and thickened. Turn heat to low. Serve over baked fish.

Featuring: Kumquats

Kumquats are a small oval citrus fruit that grows on a tree. Nagami is the most popular variety grown in the U.S. The flavor is unique with a sweet skin and a tart flesh and juice. The skin is eaten but not the seeds. You can eat the fruit like grapes for a unique sweet and sour combination or you can use them in salads, with pork and chicken or in desserts. So try this unique fruit while it is in season from November through March.

Supreming Citrus Fruits

A supreme is essentially a citrus segment with the ribs of connective pith that hold the fruit together removed. They are great for sauces, salads and desserts. Here is how to create these beautiful, juicy wedges:

Cut a slice off the top and bottom of the fruit just to expose the top of the flesh.

Stand it upright and cut down each side, curving around the middle to remove the skin off the outside.

Using a paring knife, cut down each side of the membranes, removing just the wedge of fruit flesh from between the membranes.

You can squeeze the membranes that are left to extract the juice before discarding.

Florida Citrus Varieties

Oranges:

Navels

Classic fall/winter orange with a round to oval shape. Very juicy and sweet with a golden orange skin. Seedless and easy to peel. In season November—January.

Valencias

Late season citrus variety known for its amazingly sweet and colorful juice. In season March—May.

Tangerines

The classic thin skinned, easy peeling orange variety. Easy to section, small in size and sweet tasting with many seeds. In season November—March.

Tangelos

A cross between a grapefruit and a tangerine. Minneola is the most popular variety. Mildly tart-sweet and highly succulent orange with a vibrant orange-red skin color. Easy to peel with few, if any, seeds. Characteristic shape with a bump at the top. In season in January.

Temples

Cross between a tangerine and an orange. Pretty reddish-orange skin. Juicy and sweet with a few seeds. In season January—February.

Grapefruit:

White

Smooth, thin yellow peel with white or amber flesh. Easily sectioned, very juicy and almost seedless.

Ruby Red

Medium to large and flattened at the ends. Smooth yellow peel with pink to reddish flesh and few seeds.

Flame

Sweet and juicy with red flesh and usually seedless.