TAHOE FOREST HEALTH SYSTEM

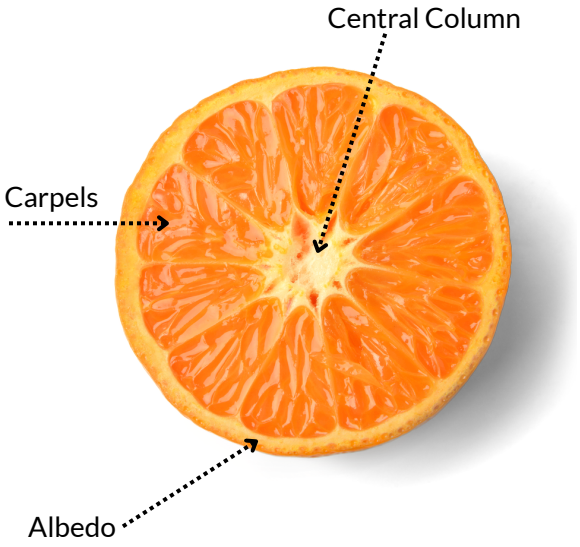
Harvest of the Month

Navel Oranges

Engaging Questions

- Raise your hand if you've ever had an orange with no seeds inside!
- What is your favorite way to enjoy an orange- in slices, juice, or something else?
- Raise your hand if you think navel oranges have Vitamin C that can help keep us from getting sick?

Botanical Facts



Scientific Name: Citrus Sinensis
Family: Rutaceae
Classification: Citrus Fruit

Reasons to Eat

- Oranges are most known for their high Vitamin C content, which plays a role in the body's defenses against viruses and germs, supporting our immune system.
- Oranges contain compounds like flavonoids and potassium that have been linked to supporting heart health.

Produce Tips

- Choose oranges that feel heavy for their size, indicating a higher juice content.
- Refrigerate oranges in the crisper drawer to slow down ripening and keep them fresh for up to a month.

How do they grow?

- Navel oranges vary in size, depending on growing conditions, and generally average 6 to 10 centimeters in diameter.
- Navel oranges are available in the winter through spring, with a peak season from November to January.
- Navel oranges require 6-8 hours of sunlight daily for optimal growth.
- Navel oranges must be protected from frost during colder months.

Fun Facts

- They get their name from the small "belly button" or navel at the bottom of the orange, which is actually a tiny, undeveloped second orange.
- All navel orange trees are clones of the original tree discovered in Brazil.
- Navel oranges are special because they don't have seeds! This makes them extra convenient for snacking.
- Because they are seedless, navel oranges are grown by grafting, where a piece of one tree is attached to another.

Connection to California

- Navel oranges have been a major part of California's agricultural economy since the late 1800s.
- The production of navel oranges was referred to as California's second gold rush because of the economic growth.
- California grows more than 81 million cartons during the season.

History

- In the early 1800's, Navel oranges were first found in Brazil in the garden of a monastery.
- Navel oranges came from a pomelo and a tangerine mixed together naturally.
- The name "orange" for the fruit came from the meaning of the color itself, dating all the way back to the 1300's!