

January

CHEQUAMEGON BAY



HARVEST of the MONTH



Oranges

Nutritional Benefits

Oranges, like other citrus fruits, are an excellent source of vitamin C as well as a source of many other nutrients, such as fiber, B-vitamins, thiamin, potassium, and folate. Folate is a B vitamin that helps make healthy red blood cells and lowers a woman's risk of giving birth to a child with certain birth defects.

How to Select

Look for firm oranges that feel heavy for their size with bright, colorful skin. Avoid fruit with bruised, wrinkled, or discolored skin. Oranges with thin skin tend to be juicier than those with thick skin.

How to Store

Oranges can be stored at room temperature or in the refrigerator for up to two weeks.

How to Eat

- Slice oranges for a quick, healthy snack.
- Instead of soda, make a fruit spritzer by mixing 100% orange juice and sparkling water.
- Toss peeled orange segments into green salads for a citrus splash.
- Freeze 100% orange juice in a paper cup with a popsicle stick or spoon.

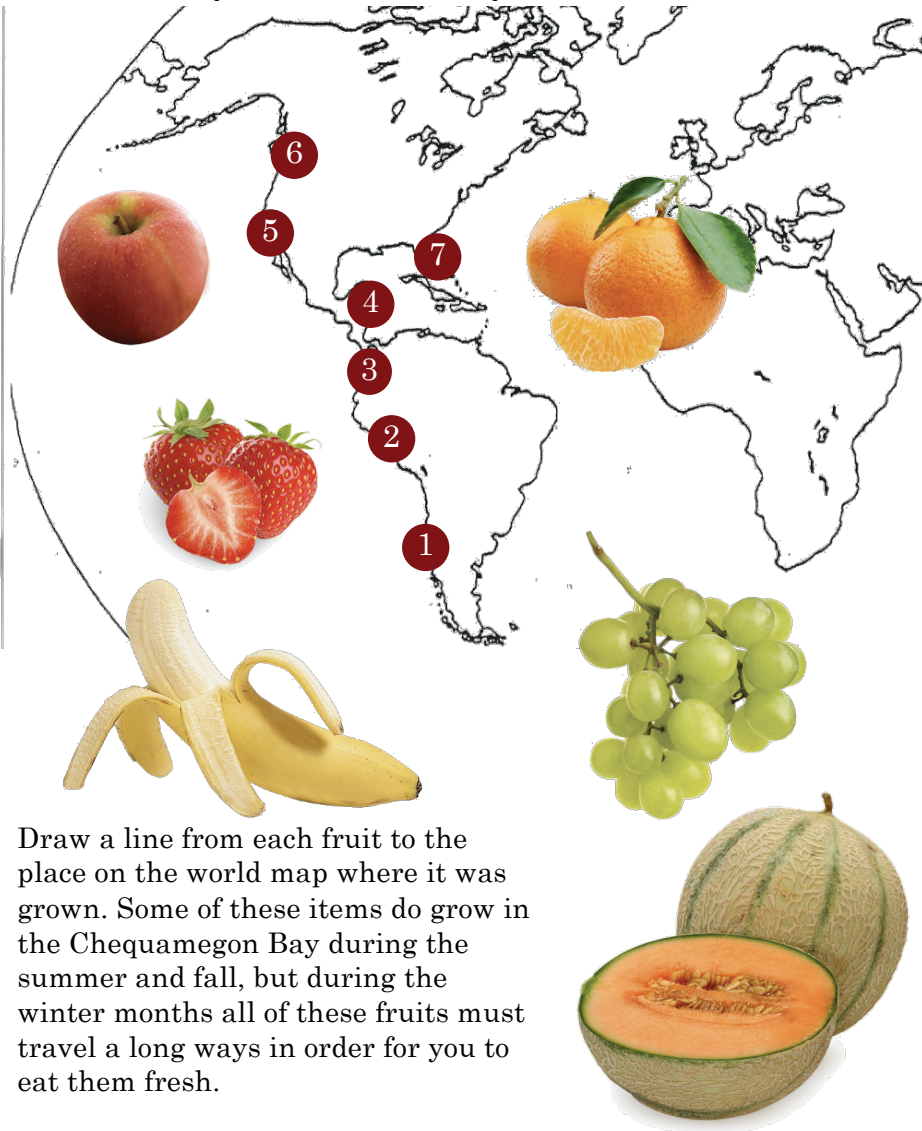
Did you know?

- ✓ There are many varieties of oranges, but the most popular include the sweet orange, sour orange, and mandarin orange, or tangerine. The United States produces the sweet variety, including the Blood, Hamlin, Jaffa, Navel, Pineapple, and Valencia.
- ✓ After chocolate and vanilla, orange is the world's favorite flavor.
- ✓ Navel oranges got their name because the bottom looks like a belly button or navel.
- ✓ Unlike many fruits, citrus does not continue to ripen after being picked.

Brought to you by the
Healthy CHANGE Coalition



Play with your food



Draw a line from each fruit to the place on the world map where it was grown. Some of these items do grow in the Chequamegon Bay during the summer and fall, but during the winter months all of these fruits must travel a long ways in order for you to eat them fresh.

Which fruit travelled the furthest?



- 1) Blueberries- Chile, 5600 miles
- 2) Grapes- Peru, 4000 miles
- 3) Banana- Ecuador, 3300 miles
- 4) Cantaloupe- Honduras, 2700 miles
- 5) Strawberries- California, 2200 miles
- 6) Apples- Washington, 1800 miles
- 7) Oranges-Florida, 1700 miles

Want to skip the tough membrane?
Learn how to segment an orange!

Get complete instructions at

www.thekitchn.com/basic-techniques-how-to-segmen-95740.

Cooking Corner

Spicy Orange Beef



Ingredients

- 1 (1-pound) piece beef flank or flap steak, thinly sliced against the grain
- 2 tablespoons plus 1 teaspoon soy sauce
- 1 tablespoon cornstarch
- 3 medium oranges
- 2 teaspoon roasted chile paste
- 1 (1-inch) piece fresh ginger, grated or 1 teaspoon ground ginger
- 2 teaspoon canola or peanut oil

Preparation

Combine beef, cornstarch, and 1 tablespoon and 1 teaspoon of the soy sauce in a resealable plastic bag or nonreactive bowl. Cover and refrigerate for about 20 minutes. Grate zest from oranges into a bowl. Peel, segment*, and chop oranges and add them to the bowl with remaining 1 tablespoon soy sauce, chile paste and grated ginger. Transfer to a medium skillet and heat over medium heat, stirring occasionally, until sauce is reduced by half. Heat oil in a large skillet or wok over medium-high heat. Add beef, working in batches if necessary, and sear until brown on both sides and cooked through, 1 to 2 minutes per side. Return all beef to the skillet and add orange sauce. Stir to combine and warm through.

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