



COMMUNITY NEWSLETTER

CITRUS FRUIT



Citrus fruits grow on trees or shrubs and are part of the Rutaceae family. Clementines, citrons, grapefruits, lemons, limes, mandarins, oranges, pomelos, and tangerines are all citrus fruits. Citrus fruits originated in the foothills of the Himalayan Mountains along borders of Bhutan, China, India, Nepal, Pakistan, and Tibet. Ancient texts show citrus fruits were cultivated in India and China over 4,000 years ago. By the 10th century, citrus fruits began to spread across the world on trade routes from Southeast Asia to Persia and across the Mediterranean to North Africa and southern Europe. By the late 15th century, citrus fruits had arrived in North and South America. Citrus fruits are among the most important crops worldwide. They can taste sweet, sour, tart, or bitter. Citrus fruits are used fresh, candied, canned, dried, juiced, grilled, pickled, preserved, roasted, as zest, and are popular in sweet and savory dishes. Popular uses for citrus fruits include baked goods, dressings, extracts, jams, jellies, juice drinks, marinades, marmalades, sauces, smoothies, and stews. Peak harvest for citrus fruits in the United States takes place from November through April.



CITRUS FRUITS ARE

- An excellent source of vitamin C*. Vitamin C is important to the body's tissues and supports a healthy immune system.
- A good source of fiber. Fiber helps us feel fuller and benefits the digestive and cardiovascular systems.
- A source of folate. Folate supports the production of healthy red blood cells and is important during periods of rapid growth, like pregnancy.

**Foods that are high in vitamin C, calcium, and/or iron can help protect you from lead absorption.*

MICHIGAN MADE

Citrus fruits need a tropical or subtropical climate to grow. Michigan has a continental climate with hot summers and cold winters that is not favorable to citrus crops. It is possible to grow dwarf citrus trees indoors in Michigan, but they take years to produce fruit and are considered more ornamental than a food source. Citrus fruits are an important and nutritious pantry item and staple ingredient. Citrus growers ship citrus fruits to Michigan from California, Texas, Arizona, Florida, and Mexico. Citrus fruits are always good to keep on hand for fresh eating and to add flavor to everyday meals.



FUN FACTS

- Limes sink, lemons float.
- The pomelo is the largest citrus fruit and can grow as large as a basketball.
- Oranges are a pomelo and mandarin hybrid.
- Oranges do not ripen after they are picked, but lemons do.
- The largest lemon is the Ponderosa lemon.
- The Meyer lemon isn't a lemon, but a citron, mandarin, and pomelo hybrid.
- Tangerines are a type of mandarin orange.
- Heavy citrus fruits are the juiciest.
- Zest is created by grating or scraping the colorful peel of any citrus fruit and used to flavor foods and drinks.
- The spongy white tissue lining the rind of any citrus fruit is called pith.
- According to the Guinness Book of World Records, the world's "largest orange by circumference" measured 25 inches and was grown by Joanne and Patrick Fiedler in Fresno, California.
- The first known mention of citrus is in the Chinese poem "Tribute of Yü" (475-221 B.C.).
- Brazil leads the world for orange production.
- California produces the most citrus crops for consumption.
- Florida produces the most oranges and grapefruits for juice production.

BUYING AND STORING

- Select citrus fruits that feel heavy for their size with firm, smooth skin, rich color, and no blemishes.
- Store citrus fruits at room temperature up to a week or in the refrigerator up to a month.
- Freeze citrus wedges, slices, peels, zest, or whole fruits in freezer bags up to six months. Remove all air before sealing. Defrost to use in juices or sauces.
- Wash all fruits and vegetables before using.



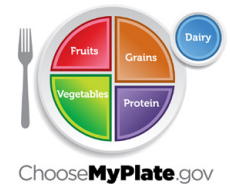
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MORE THAN FRESH

In addition to fresh, citrus fruits are available frozen, dried, canned, and juiced. When buying packaged citrus fruit, be sure to read labels and choose items that are unsweetened, with no added sugar, 100% juice, and packed in 100% juice.

EAT WITH MYPLATE

MyPlate focuses on whole grains, lean protein, low-fat dairy, and half the plate being fruits and vegetables. Citrus fruits are part of the Fruit Group. Most people need 1–2 cups of fruit per day. For more information visit: myplate.gov.



IT ALL COUNTS

Fresh, frozen, canned, dried, and 100% vegetable and fruit juices count toward your daily MyPlate goals.

CARROT ORANGE SOUP

Time: 35 minutes | Makes: 4 servings | Serving Size: 1 cup

Nutrition Information Per Serving: Calories 149, Carbohydrate 27g, Dietary Fiber 5g, Protein 3g, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 206mg

Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.



INGREDIENTS

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| 1 tablespoon vegetable oil | ½ teaspoon turmeric |
| 1 onion, chopped | 4 cups low-sodium vegetable broth |
| 2 cloves garlic or ½ teaspoon garlic powder | 1 teaspoon orange zest (optional) |
| 1 pound carrots, peeled and chopped | 1 cup 100% orange juice |

INSTRUCTIONS

- Heat oil in a large soup pot on medium heat. Add onion and sauté for 3 minutes.
- Add garlic, carrots and turmeric, sauté for about 2–3 minutes, stirring occasionally.
- Add vegetable stock. Bring to a boil on high heat, cover, and reduce heat. Simmer until carrots are soft, about 20 minutes.
- Use an immersion blender to blend in pot until smooth. Or transfer soup in 1 to 2 cup batches to blender or food processor, cover with lid, top with kitchen towel (to catch any splatter), pulse until smooth. Pour pureed soup in large bowl and continue to puree soup in small batches.
- Return pureed soup to pot, add orange juice and orange zest, if using, and reheat until hot (not boiling). Serve.

TRY THIS

- Mix equal amounts of fresh squeezed or 100% orange or grapefruit juice with sparkling water for a refreshing spritzer.
- Sprinkle grapefruit halves with a little brown sugar and ground cinnamon. Place on a baking sheet and broil for about 5 minutes or until the sugar begins to bubble. Serve immediately.
- Make lemon salsa fresca. Mix diced lemon segments, shallots, garlic, cilantro, parsley, dill, and a little olive oil. Use to top eggs, grain bowls, and grilled chicken or fish.

CHANGE IT UP

- Top each serving with 1 tablespoon sunflower seeds and a dollop of sour cream.
- Reduce carrots by half and add a ½ pound of peeled and cubed sweet potatoes.
- For a creamy alternative, use 2½ cups vegetable stock and one 14.5-ounce can of lite coconut milk.