

— CARA CARA ORANGES —

What are they?

- Cara cara oranges are a type of navel orange.
- They are round in shape with a bright orange rind and a rosy red interior.
- Cara cara oranges are sweeter, slightly tangy and less acidic when compared to a traditional navel.



When are they available?

- Cara cara oranges are largely grown in California with their peak season ranging from December to April.
- Cara cara peak season varies in other parts of the world. In South Africa they are ready for the market in August while in Venezuela they are ready in October.

What's so cool about them?

- Cara cara oranges were discovered in Venezuela in the 1970s.
- These oranges are unique because they will not over ripen if left on the tree!
- Cara caras are generally medium-size fruits that are actually pretty heavy for their size.
- Cara caras are seedless.
- Cara cara oranges have a complex flavor. The taste has a hint of cherry and notes of rose and blackberry.
- Enjoy Cara cara oranges as you do any other orange: peel them and eat them by sections, add them to smoothies, or toss in your salads.



Why should I eat them?

- Cara cara oranges are an excellent source of vitamins and minerals such as vitamins A and C, and potassium.
- They are a good source of fiber, which is important in digestive health.
- Cara caras also contain folate, which plays a role in DNA synthesis and repair.

