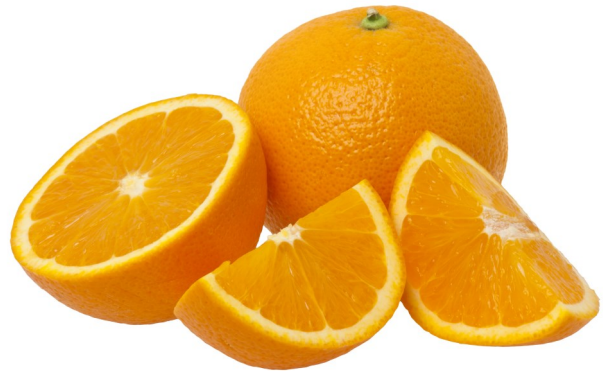


# — NAVEL ORANGES —

## What are they?

- Oranges come in many different varieties and are categorized into two main categories: sweet and sour.
- Navel Oranges are a type of sweet orange with a bright orange inside.
- They are a seedless variety.
- The inside fruit is sectioned into small wedges by thin white membranes.



## When are they available?

- Navel Oranges are harvested from November through May.
- 70% of the oranges grown in the U.S. are grown in Florida, but most of those are made into juice. Most of the oranges we eat come from California because they tend to be sweeter.

## What's so cool about them?

- Oranges that grow higher up on a tree are sweeter than those that grow closer to the ground.
- It might be hard to believe, but oranges are technically a type of berry. Like some berry plants, orange trees have thorns.
- Navel oranges are one of the more common varieties of oranges found in the grocery store.
- It is believed that oranges originated in Southeast Asia. Explorers brought orange seeds and seedlings with them to North America. By the 1820's, there were orange groves in St. Augustine, Florida.



## Why should I eat them?

- Oranges are a good source of Vitamin C and also are high in folate, calcium, thiamin, niacin, and magnesium. Folate helps prevent heart disease.

