

# — 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.

