



Citrus

Harvest of the Season

Eat More Arizona Grown Citrus

Vegetables and fruits come in different colors and flavors, but their real beauty is found inside. Eating a variety of vegetables and fruits gives you lots of vitamins and minerals you need. Fill half your plate with vegetables and fruits and help keep your heart, teeth, gums, eyes and skin healthy.

Buy fresh citrus fruits in season when flavor is best and the price is low!

Citrus is one of Arizona's five C's of agriculture, and it is one of Arizona's oldest specialty crops. Most recently, lemons were harvested in Arizona from 8,300 acres, totaling 80,000 pounds of lemons! Also, tangerines were harvested from 1,200 acres, totaling 6,800 tons of tangerines!

Why Eat More Citrus?

Citrus fruits are full of nutrients. Here's how the nutrients in a popular citrus fruit, oranges, can keep you and your family healthy:

Nutrients Found in Citrus
Vitamin C Helps your teeth and gums stay healthy
Fiber Helps keep your heart healthy and improve digestion
Calcium Helps form bones and teeth and keep them strong
Potassium Helps you maintain a healthy blood pressure

What Are the Different Types of Citrus?

Try different types of citrus to find your family's favorite. These are a few types of citrus grown in Arizona:

- Oranges (Navel, Blood, Mandarin, Sweet, Temple, Valencia)
- Lemons
- Grapefruit (Red Blush or White)
- Tangerines (Fairchild, Minneloa, Orlando)

How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2 - 3	1 cup	1 cup
Children 4 - 8	1 1/2 cups	1 to 1 1/2 cups
Older children and teens	2 to 3 cups	1 1/2 to 2 cups
Adults	2 1/2 to 3 cups	2 cups

Kids learn by watching you. Eat vegetables and fruits and they will too.

Make half your plate vegetables and fruits. Visit [choosemyplate.gov](https://www.choosemyplate.gov) for more information.

How to Choose, Store and Prepare Citrus

Choose:

- Choose citrus fruits with firm, smooth skin and that are heavy for their size.

Store:

- Store fresh citrus at room temperature for one to two days.
- Refrigerate for one to two weeks.
- Citrus juice can last longer in the freezer and is best used within six months.

Prepare:

For best juicing results:

1. Rinse skin under cool, running water.
2. Roll citrus on cutting board firmly. You will notice essential oils releasing from the skin.
3. Cut horizontally and squeeze flesh-side up to catch seeds before they fall into your container.

Tip: Juicing citrus for recipes all year long is easy. Freeze excess juice into ice cubes with herbs or freeze alone for use in smoothies, soups and sauces.

To learn more, visit [fruitsandveggiesmorematters.org](https://www.fruitsandveggiesmorematters.org).

Plant and Grow Citrus

- Varieties that grow best in Arizona are navels, tangerines and grapefruit. Lemons and limes can also grow here, but may be sensitive to frost.
- Citrus fruits can be planted year round, but are best in the months of March, April and October. Smaller plants reduce the risk of transplant shock.
- Trees planted in rocky or sandy soil need to be watered more frequently than trees planted in clay soil, as clay soil holds water better. Be sure to allow time for drying in between watering.

Visit extension.arizona.edu for harvest and planting information.

Orange Cucumber Salad

Ingredients:

- 1 cucumber
- 2 large oranges
- 1 lemon or lime, juiced
- ½ teaspoon chili powder
- ¼ teaspoon salt

Directions:

1. Wash hands with warm water and soap. Wash fresh fruits and vegetables before preparing.
2. Slice the cucumbers. Peel and cut the oranges into small pieces. Juice the lemon or lime.
3. Place cucumber slices and orange segments in a medium-size bowl. Add chili powder, lemon or lime juice and salt.
4. Serve immediately or chill in the refrigerator.



Makes 6 servings

Nutrition Facts

per serving	
calories.....	49
carbohydrates ..	12 gm
protein.....	1 gm
total fat.....	0 gm
saturated fat.....	0 gm
trans fat.....	0 gm
cholesterol	0 mg
fiber	2 gm
total sugars.....	8 gm
sodium.....	149 gm
calcium.....	47 gm
folate.....	25 mcg
iron.....	0 mg
calories from fat...	0%

For more free recipes, visit EatWellBeWell.org.

Choose Locally Grown Vegetables and Fruits

- Arizona grown vegetables and fruits taste best and cost less when purchased in season.
- Vegetables and fruits grown in Arizona spend less time in the back of a truck. This causes less damage to the vegetables and fruits.
- When farmers sell directly to consumers, they cut out the middleman and receive full value for their product. This allows farmers to continue to farm and provide service to the community.
- Let your kids be produce pickers. Help them pick vegetables at a grocery store, your local farmers' markets, or at a u-pick farm near you! Go to arizonagrown.org for more information.

Visit the School Food Programs section of the Arizona Department of Education Health and Nutrition Services website at www.azed.gov for more information.



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