

Citrus Facts

- Citrus fruits are native to Southeast Asia where they have been cultivated for over 4,000 years. Some of the oldest Oriental literature contains references to citrus fruits.
- Oranges do not ripen after they are picked, but lemons do.
- Citrus pith is the major source for commercial pectin manufacture. Pectin is what thickens fruit jellies etc. Pectin has also been used in medicine in the treatment of intestinal disorders, as an anti-hemorrhagic, as a plasma extender, and for other purposes.
- Zest is the colored outermost skin layer of citrus fruits. Zest is highly perfumed and is rich in flavonoids, bioflavonoids, and limonoids. Zest can be used to flavor sweet and savory dishes, or candied, for pastry use.

Selecting and Storing Citrus

When selecting citrus, look for fruit with a shiny skin free of blemishes, wrinkles, soft areas, or mold. The citrus should be heavy for their size indicating they are full of juice. Lighter fruit has more skin and drier pulp resulting in less juice. Select navel oranges with small sized navels, because oranges with larger navels indicate that they were overripe when picked.

Store oranges in a cool place outside the refrigerator and try to eat them within a few days. If you need to keep them longer, refrigerate in a plastic bag or in the vegetable crisper section of the refrigerator.

Please visit

www.calcitrusgrowers.com

for more information

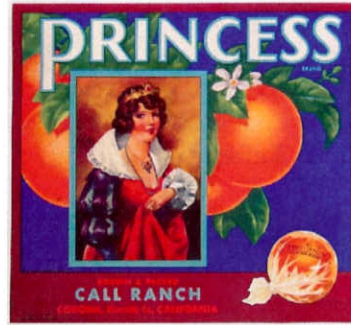


Illustration by Douglass Schneider

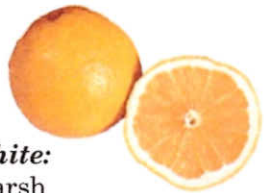
Citrus

Varieties
Information
Nutrition



PACIFIC COAST
FARMERS' MARKET ASSOCIATION
5056 Commercial Circle Suite E
Concord, CA 94520
1.800.949.FARM
www.pcfma.com

Grapefruit, Pomelo



White:
Marsh
Oroblanco

Pummelo



Pink:
Ruby Red
Pink Seedless
Star Ruby



Tangerine, Tangelo, Minneola

Tangerine:

Honey
Satsuma
Clementine
Mandarin
Tangor



Tangelo



Minneola

What's This?

Buddha's Hand, Fingered Citron



Buddha's Hand is supposed to be one of the most ancient citrus known to man, originating in India thousands of years ago. It is cultivated for its fragrant rind, which is used to flavor dishes, is candied or is turned into marmalade. The hand has been used in China and Japan for perfuming rooms and clothing and has been used as an ornament in religious ceremonies since it is regarded as a symbol of happiness.

Lemon, Lime, Kumquat

Lemon:

Meyers
Eurekas
Lisbons



Kumquat



Citron



Lime:

Tahitiona
Key
Palestine
Kaffir



Orange



Navel



Cara Cara (pink)



Blood:

Moro
Tarocco
Sanguigno



Valencia

Citrus Nutrition

- **Cholesterol** -- The high level of pectin fiber found in citrus fruits like grapefruit may also help to lower cholesterol.
- **Iron Deficiency** -- 77% of American women under the age of 50 are iron deficient. Consuming citrus foods like grapefruit and grapefruit juice can help combat anemia. This is great news for young women, female athletes and vegetarians - all susceptible to iron deficiencies.
- **Vitamin C** -- Oranges are an excellent source of Vitamin C. Vitamin C may diminish the risk of heart disease, the development of certain cancers, prevent the buildup of "bad" cholesterol.
- **Potassium** -- One medium orange contains 260 milligrams of potassium - 15% of what the FDA recommends per day. Potassium plays a key role in lowering blood pressure, which decreases the risk of both heart attacks and strokes, while also regulating heart rhythm.
- **Folate** -- This nutrient helps to prevent neural tube birth defects, may help reduce the risk of stroke, heart disease and cancer, and guards against anemia.

Citrus Tossed Salad

Ingredients

6 cups torn mixed salad greens
3 oranges or 2 grapefruit, peeled, sectioned
1-1/2 cups peeled jicama, cut into thin strips
1 red onion, sliced, separated into rings
1/3 cup Citrus Vinaigrette

Directions

In a large salad bowl, combine torn mixed greens, orange or grapefruit sections, jicama and onion rings. Drizzle with vinaigrette; toss.

Citrus Vinaigrette

Ingredients

3/4 cup Florida orange juice
1/4 cup vinegar
1/4 cup olive oil
1/4 teaspoon pepper

Directions

In a screw-top jar, combine all ingredients. Shake well to mix. Chill covered for up to one week. Before using, let stand at room temperature about 15 minutes, then shake well.

