

FOOD PREPARATION STEPS



1. Wash orange thoroughly under cool running water.



2. Cut in half with a sharp knife.



3. Cut each half into 3-4 wedges.

Oranges make a nice addition to salad bar menus and can be included in several keiki-friendly cooking projects.



Oranges are rich in vitamin C, which help the body fight infection and disease. They contain phytochemicals that destroy disease-causing substances in your body. Oranges are a good source of potassium, which helps to control nerve function and blood pressure.



● MODERATE AVAILABILITY ● PEAK AVAILABILITY

- Oranges are available year-round, and most abundant in September through April.
- Oranges grown in Hawai'i's lower elevations often have a greenish tint, even when they are ripe.
- Oranges are best served chilled.

*Seasonality varies with location and from year to year.

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, take-home letters, food preparation tip sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at www.kokuahawaiiifoundation.org/HawaiianHarvest. Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.