



ORANGE

Scientific Name: *Citrus sinensis*

Hawaiian Name: 'Alani

Origin: South East Asia

Plant Part Eaten: Fruit

TANGERINE

Scientific Name: *Citrus tangerina*

Hawaiian Name: 'Alani pākē

Origin: South East Asia

Plant Part Eaten: Fruit



Locally Grown...

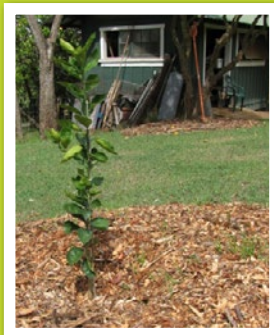
- Ka'u is a type of Valencia orange introduced to Hawai'i in 1792 by Captain George Vancouver, whose ship's surgeon and naturalist, Archibald Menzies, raised the seedlings on board and gave them to several Hawaiian ali'i.
- In Kailua-Kona, some of this original stock still bears fruit. For several decades in the 19th century, these oranges were the leading export from the Kona district on the Big Island of Hawai'i.

Where Else it's Grown in the World...

The orange is the most commonly grown fruit in the world. Brazil and Florida sell the most oranges. Tangerines are the second-most popular citrus fruit worldwide, with China producing the most in the world.

In the Garden...

- Citrus plants grown from seeds are all different and don't always give fruit. Grafts are made from high-quality trees in order to grow
- When transplanting to a larger container, or directly in ground, the hole should be twice as wide, but just as deep as the current pot.



Forest & Kim Starr

Nutrition Info...

- Rich in vitamin C it helps the body fight infection and disease.
- Contains phytochemicals (fight-o-chemicals) that destroy disease-causing substances in your body.
- Good source of potassium, which helps to control nerve function and blood pressure.

Meet a Farmer...

Farm: Ailani Orchards

Farmers: Barney & Elizabeth Jenkins

Location: Ka'u, Hawai'i

Website: ailaniorchards.com



ailaniorchards.com

These organic farmers brought their experiences as a successful business man and a bestselling author to create Ailani Orchards. Starting a farm has ignited a passion for nurturing the land and encouraging many others, near and far, to re-engage their relationship to nature. Both Barney and Elizabeth have grandparents who owned fruit stands for many years and in 2002, the Jenkins opened theirs on Mamalahoa Highway. The family grows coffee, macadamia nuts, oranges, grapefruits, tangerines, and avocados.

- Choose a sunny area with good drainage that's also protected from strong winds. Ensure when replanting to add enough water to moisten the soil, but don't let it get soggy.
- After placing the tree in the hole, fill with rich soil or compost.
- Creating a mulch ring around the tree will help keep soil moist.

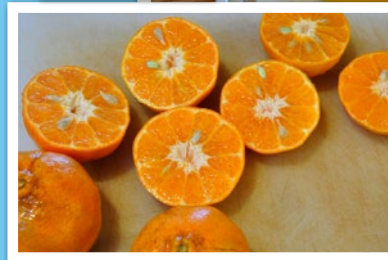
Let's Get Cooking...Tangerine

Ingredients

- Fresh, ripe tangerines (about 2-3 per 4 ounce serving)

Directions

- Wash tangerines with cold running water.
- Cut tangerines in half.
- Use a citrus reamer or manual or electric juicer to extract the juice.
- Strain out seeds.
- Refrigerate and serve within one day to prevent bitterness. Experiment with blending in other fresh juices like orange and lime.



Recipe by the Leinau 'Ohana, Nursery Garden. Juicing photos by K. Johnson.

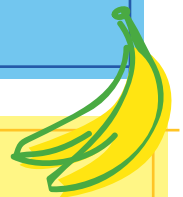


Reminder: Please compost your food waste.



Did you know?

1. Orange is the largest citrus crop in the world.
2. If you plant a single seed from an orange you will probably get a few plants from it.
3. There is more fiber in an orange than in most other fruits.
4. Christopher Columbus brought the first orange seeds and seedlings to the new world in his second voyage in 1493.
5. The US has been growing oranges since the late 1800's. In other parts of the world they have been cultivating it for thousands of years.
6. Only one word in the Oxford English Dictionary rhymes with orange: sporange. Look it up!
7. All Navel Oranges are genetically the same plant that originally came from Brazil.
8. Tangerines are closely related to mandarins.
9. Tangerines were often stuffed in Christmas stockings as a winter treat.
10. The name tangerine means "of, or related to Tangier," a seaport in Morocco.



What can you make with orange or tangerine?

Between the juice, flesh and zest, oranges and tangerines are handy fruits to keep around. Not only are they great right off the tree, the zest is used in spicing up cakes and stir-fries. Mixing the juice with carbonated water is a refreshing treat. Try them in ice cream, sorbets, smoothies, or as preserves. Orange and tangerine make great marinades, and can be added to both savory and sweet sauces.

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 a poster showcasing Hawai'i-grown crops. For downloads and more information, visit

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 by Anthony Ching and Shutterstock unless noted otherwise.