

# Citrus Fruits

Spring • Winter • Fall



## General Information

Citrus fruits we commonly consume include: oranges, limes, lemons, & grapefruits. However, the list of citrus is quiet extensive: Orange, Tangerine, Tangelo, Lemon, Fresh Squeezed Lemon Juice, Lime, Lime Juice, Grapefruit, Pomelo (Pummelo), Loquat, Blood Orange, Cara Cara Navel Orange, Key Lime, Mandarin Orange, Kaffir Lime, Clementine, Kumquat, Ugli Fruit.

North America accounts for majority of the orange production in the world, followed by Brazil. California primarily produces oranges for fresh consumption, while Florida produces for processing (i.e. juices).

## Health Benefits

They are rich in vitamin C, which promotes a healthy immune system and allows the body to heal quicker. Surprisingly, they are a small source of fiber too.

## Storing & Cooking Information

**Handling:** Choose citrus fruits that are firm and heavy for their size.

**Storing:** At room temperature for up to a week, refrigerate for up to 3 weeks. Plummelos can be stored in the refrigerator for one week.

**Tips:** Enjoy citrus raw -- toss an orange or tangerine into your bag before leaving the house for a refreshing snack later in the day.

Add citrus to salads -- they work well in both fruit salads and vegetable salads!

Sprinkle lemon or orange zest onto foods for more flavor.

# Simple Citrus Salad

**Yield:** 2 servings

**Cook time:** 15 minutes

## Ingredients

- 1 **grapefruit**
- 2-3 **oranges or other sweet citrus** (preferably 1 of each type)
- 1 **lemon**
- 1/4 cup **unsweetened ribbon coconut**
- 1/4 cup **pistachios**
- Liquid sweetener of choice** (honey, agave, maple syrup)



## Preparation

1. Preheat the oven to 350F. Spread out the coconut on a baking sheet and bake for about 8 minutes until toasted. Set aside.
2. Roughly chop the pistachios and set aside.
3. Use a sharp knife to slice the the citrus fruits into even-sized slices, about 1/8th to 1/4 of an inch. Trim the peel of the slices and remove any seeds.
4. Arrange the citrus on a plate, sprinkle on the toasted coconut and pistachios, and drizzle with sweetener.

## Notes

### ***Storage***

This citrus salad is best served fresh. However, you can prep the citrus a few hours before, or overnight and store it in the fridge. Garnish with the coconut, pistachios, and sweetener just before serving.