

BLOOD ORANGES

History

Blood oranges originated in the Mediterranean in the 18th century, and are not commonly grown in the U.S. due to some unique growing requirements.

Nutrition

Blood oranges are a great source of vitamin C, like all citrus fruits, but their dark red coloring also provides a good source of antioxidants.

Fun Fact

Botanically, oranges are classified as berries.



Growing and Harvest



- Blood oranges grow on a tree, as all orange varieties do.
- All citrus plants are considered subtropical, and prefer warmer climates for growing.
- Oranges do not ripen once they've been removed from the tree, so it is important to leave them on the tree until fully ripe.
- Orange trees are classified as evergreen trees, meaning that the leaves remain green throughout the entire year.

Activities

Writing Activity: As you taste the blood oranges, write down a few thoughts about what you notice:

- What does it taste like?
- How does it smell?
- How does it feel?

Compare these answers with what you remember about the traditional orange you see at home, the grocery store, or in the cafeteria.

How is the blood orange different?



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