

1: Oranges: all about them (edition) | Open Library

*Oranges: all about them, [Alvin Silverstein] on www.enganchecubano.com *FREE* shipping on qualifying offers. Introduces the orange in legend and history, its growth and cultivation, and its use as a food.*

These phytonutrients include citrus flavanones types of flavonoids that include the molecules hesperetin and naringenin, anthocyanins, hydroxycinnamic acids, and a variety of polyphenols. When these phytonutrients are studied in combination with oranges' vitamin C, the significant antioxidant properties of this fruit are understandable. But it is yet another flavanone in oranges, the hesperidin molecule, which has been singled out in phytonutrient research on oranges. Arguably, the most important flavanone in oranges, hesperidin has been shown to lower high blood pressure as well as cholesterol in animal studies, and to have strong anti-inflammatory properties. Importantly, most of this phytonutrient is found in the peel and inner white pulp of the orange, rather than in its liquid orange center, so this beneficial compound is too often removed by the processing of oranges into juice. A Healthy Dose of Vitamin C' in which Orange are Concentrated' Provides Antioxidant Protection and Immune Support You may already know that oranges are an excellent source of vitamin C but do you know just how important vitamin C and oranges are for good health? Vitamin C is the primary water-soluble antioxidant in the body, disarming free radicals and preventing damage in the aqueous environment both inside and outside cells. Inside cells, a potential result of free radical damage to DNA is cancer. Especially in areas of the body where cellular turnover is especially rapid, such as the digestive system, preventing DNA mutations translates into preventing cancer. This is why a good intake of vitamin C is associated with a reduced risk of colon cancer. Free radical damage to other cellular structures and other molecules can result in painful inflammation, as the body tries to clear out the damaged parts. Vitamin C, which prevents the free radical damage that triggers the inflammatory cascade, is thus also associated with reduced severity of inflammatory conditions, such as asthma, osteoarthritis, and rheumatoid arthritis. Free radicals also oxidize cholesterol. Only after being oxidized does cholesterol stick to the artery walls, building up in plaques that may eventually grow large enough to impede or fully block blood flow, or rupture to cause a heart attack or stroke. Since vitamin C can neutralize free radicals, it can help prevent the oxidation of cholesterol. Vitamin C, which is also vital for the proper function of a healthy immune system, is good for preventing colds and may be helpful in preventing recurrent ear infections. Seven healthy test subjects were given each of three drinks, two weeks apart: Blood samples were collected immediately before the drink was consumed, then every hour for 8 hours, and finally 24 hours after consumption of each drink. Blood samples were exposed to hydrogen peroxide, and free radical damage to DNA was evaluated at 3 and 24 hours. Only when orange juice was consumed was any protective effect seen. No protection against DNA damage was seen after consumption of the vitamin C fortified drink or the sugar drink. While another study, which looked at much larger quantities of vitamin C, did show a protective effect from the vitamin alone, this research indicates that not only is the protection afforded by fruit more complex, but smaller amounts of nutrients like vitamin C are all that are needed for benefit. Said lead researcher, Serena Guarnieri, "It appears that vitamin C is not the only chemical responsible for antioxidant protection. For the best DNA protection, skip the vitamin C' fortified bottled drinks and enjoy a glass of real preferably organic as organic foods have been shown to contain higher amounts of phytonutrients, freshly squeezed orange juice' or simply eat an orange! Finally, the CSIRO Report notes that as low fat, nutrient-rich foods with a low glycemic index, citrus fruits are protective against overweight and obesity, conditions which increase the risk of heart disease, certain cancers, diabetes, high blood pressure and stroke, and add to symptoms of other conditions like arthritis. An orange has over different phytonutrients and more than 60 flavonoids, many of which have been shown to have anti-inflammatory, anti-tumour and blood clot inhibiting properties, as well as strong antioxidant effects. The polyphenols so abundant in oranges have been shown to have a wide range of antioxidant, anti-viral, anti-allergenic, anti-inflammatory, anti-proliferative and anti-carcinogenic effects. Although most of the research has centered on citrus polyphenols' possible role in cancer and heart disease, more recently, scientists have begun to look at their role in brain functions such as learning and memory. An increasing

number of studies have also shown a greater absorption of the nutrients in citrus when taken not as singly as supplements, but when consumed within the fruit in which they naturally appear along with all the other biologically active phytonutrients that citrus fruits contain. Long-Acting Limonoids in Citrus Add to Their Ability to Promote Optimal Health In animal studies and laboratory tests with human cells, compounds in citrus fruits, including oranges, called limonoids have been shown to help fight cancers of the mouth, skin, lung, breast, stomach and colon. Now, scientists from the US Agricultural Research Service have shown that our bodies can readily absorb and utilize a very long-acting limonoid called limonin that is present in citrus fruits in about the same amount as vitamin C. In citrus fruits, limonin is present in the form of limonin glucoside, in which limonin is attached to a sugar glucose molecule. Our bodies easily digest this compound, cleaving off the sugar and releasing limonin. In the ARS study, 16 volunteers were given a dose of limonin glucoside in amounts ranging from those that would be found in from 1 to 7 glasses of orange juice. Blood tests showed that limonin was present in the plasma of all except one of the subjects, with concentrations highest within 6 hours after consumption. Traces of limonin were still present in 5 of the volunteers 24 hours after consumption! Other natural anti-carcinogens are available for much less time; for example, the phenols in green tea and chocolate remain active in the body for just 4 to 6 hours. Lab tests indicate that human liver cells produce less apo B when exposed to limonin. Apo B is a structural protein that is part of the LDL cholesterol molecule and is needed for LDL production, transport and binding, so higher levels of apo B translate to higher levels of LDL cholesterol. Compounds in Orange Peel May Lower Cholesterol as Effectively as Statin Drugs A class of compounds found in citrus fruit peels called polymethoxylated flavones PMFs have the potential to lower cholesterol more effectively than some prescription drugs, and without side effects, according to a study by U. Treatment with PMFs did not appear to have any effect on levels of beneficial HDL cholesterol, and no negative side effects were seen in the animals fed the PMF-containing diets. Although a variety of citrus fruits contain PMFs, the most common PMFs, tangeretin and nobiletin, are found in the peels of tangerines and oranges. Juices of these fruits also contain PMFs, but in much smaller amounts. However, grating a tablespoon or so of the peel from a well-scrubbed organic tangerine or orange each day and using it to flavor tea, salads, salad dressings, yogurt, soups, or hot oatmeal, buckwheat or rice may be a practical way of achieving some cholesterol-lowering benefits. The researchers are currently exploring the mechanism of action by which PMFs lower cholesterol. Based on early results in cell and animal studies, they suspect that PMFs work like statin drugs, by inhibiting the synthesis of cholesterol and triglycerides inside the liver. Fiber can also help out by keeping blood sugar levels under control, which may help explain why oranges can be a very healthy snack for people with diabetes. In addition, the natural fruit sugar in oranges, fructose, can help to keep blood sugar levels from rising too high after eating. The fiber in oranges can grab cancer-causing chemicals and keep them away from cells of the colon, providing yet another line of protection from colon cancer. And the fiber in oranges may be helpful for reducing the uncomfortable constipation or diarrhea in those suffering from irritable bowel syndrome. Oranges Possible Prevention of Kidney Stones Want to reduce your risk of calcium oxalate kidney stones? In this study, researchers evaluated data from over 6, adults enrolled in the Third National Health and Nutrition Examination Survey. Researchers are uncertain whether H. Lead researcher in this study, Dr. A study published in the September issue of Cancer Epidemiology, Biomarkers and Prevention reviewed dietary and lifestyle data collected from over 60, adults in Shanghai, China. Oranges May Offer Protection Against Rheumatoid Arthritis New research published in the American Journal of Clinical Nutrition adds to the evidence that enjoying a daily glass of freshly squeezed orange juice can significantly lower your risk of developing rheumatoid arthritis. Data collected by the European Prospective Investigation of Cancer Incidence EPIC -Norfolk study, a population-based, prospective study of over 25, subjects, showed that study participants with the highest daily intake of the carotenoids, zeaxanthin and beta-cryptoxanthin, had a much lower risk of developing rheumatoid arthritis compared to individuals consuming the least of these beneficial phytonutrients. Pretty dramatic benefits for doing something as simple as enjoying a glass of freshly squeezed orange juice each day! Description Oranges are one of the most popular fruits around the world. While they are delightful as a snack or as a recipe ingredient, for many Americans, it is their juice that is most associated with good health, having a reputation for being an

integral part of a healthy breakfast. Oranges are round citrus fruits with finely-textured skins that are, of course, orange in color just like their pulpy flesh. They usually range from about two to three inches in diameter. Oranges are classified into two general categories—“sweet and bitter”—with the former being the type most commonly consumed. Popular varieties of the sweet orange *Citrus sinensis* include Valencia, Navel and Jaffa oranges, as well as the blood orange, a hybrid species that is smaller in size, more aromatic in flavor and has red hues running throughout its flesh. Bitter oranges *Citrus aurantium* are oftentimes used to make jam or marmalade, and their zest serves as the flavoring for liqueurs such as Grand Marnier and Cointreau.

History Oranges originated thousands of years ago in Asia, in the region from southern China to Indonesia from which they spread to India. Although Renaissance paintings display oranges on the table in paintings of *The Last Supper*, the assumption that they were grown in this region at this time seems to be erroneous since oranges were not cultivated in the Middle East until sometime around the 9th century. Sweet oranges were introduced into Europe around the 15th century by various groups including the Moors, and the Portuguese as well as the Italian traders and explorers who found them on their voyages to Asia and the Middle East. Orange trees began to be grown in the Caribbean Islands in the late 15th century after Christopher Columbus brought the seeds there on his second voyage to the New World. Spanish explorers are responsible for bringing oranges to Florida in the 16th century, while Spanish missionaries brought them to California in the 18th century, beginning the cultivation of this citrus fruit in the two states widely known for their oranges. Before the 20th century, oranges were very expensive and therefore they were not regularly consumed, but rather eaten on special holidays such as Christmas. After more efficient means of transportation were developed, and food processors invented methods for utilizing orange by-products such as citric acid and bioflavonoids, the price of oranges dropped, and they could be consumed on a wide scale, as they are today. Currently, the countries that are some of the largest commercial producers of oranges include the United States, Brazil, Mexico, Spain, China and Israel.

How to Select and Store Oranges do not necessarily have to have a bright orange color to be good. In fact, the uniform color of non-organic oranges may be due to injection of Citrus Red Number 2 an artificial dye into their skins at the level of 2 parts per million. Whether organic or not, oranges that are partially green or have brown russetting may be just as ripe and tasty as those that are solid orange in color. Avoid those that have soft spots or traces of mold. And, because oranges are among the top 20 foods in which pesticide residues are most frequently found, buy organic oranges whenever possible. Choose oranges that have smoothly textured skin and are firm and heavy for their size. These will have a higher juice content than those that are either spongy or lighter in weight. In general, oranges that are smaller will be juicier than those that are larger in size, as will those that feature thinner skins. At WHFoods, we encourage the purchase of certified organically grown foods, and oranges are no exception. Repeated research studies on organic foods as a group show that your likelihood of exposure to contaminants such as pesticides and heavy metals can be greatly reduced through the purchased of certified organic foods, including oranges. In many cases, you may be able to find a local organic grower who sells oranges but has not applied for formal organic certification either through the U. Examples of states offering state-certified organic foods include California, New York, Oregon, Vermont, and Washington. However, if you are shopping in a large supermarket, your most reliable source of organically grown oranges is very likely to be oranges that display the USDA organic logo. Oranges can either be stored at room temperature or in the refrigerator, depending upon your preference. They will generally last the same amount of time, two weeks with either method, and will retain nearly the same level of their vitamin content. The best way to store oranges is loose rather than wrapped in a plastic bag since if exposed to moisture, they can easily develop mold. Orange juice and zest can also be stored for later use. Place freshly squeezed orange juice in ice cube trays until frozen, and then store them in plastic bags in the freezer. Dried orange zest should be stored in a cool, dry place in an airtight glass container. Before cutting the orange in half horizontally through the center, wash the skin so that any dirt or bacteria residing on the surface will not be transferred to the fruit. Proceed to cut the sections into halves or thirds, depending upon your personal preference. Thin-skinned oranges can be easily peeled with your fingers. For easy peeling of the thicker skinned varieties, first cut a small section of the peel from the top of the orange. You can then either make four longitudinal cuts from top to bottom and peel away these sections of skin, or starting at the top, peel

ORANGES: ALL ABOUT THEM pdf

the orange in a spiral fashion. Oranges are oftentimes called for in recipes in the form of orange juice. As oranges, like most citrus fruits, will produce more juice when warmer, always juice them when they are at room temperature.

2: All About Oranges - How To Cooking Tips - www.enganchecubano.com

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Many dwarf varieties available Introduction Tropical citrus like oranges will only grow in warm areas, so you should be living in zones 9 to 11 in order to grow oranges in your garden. Cool areas can still have fresh oranges if you grow a small tree in a container and keep it protected over winter. There are many kinds of oranges to choose from, each with their own unique flavor. Navel oranges are good for fresh eating, and Valencia are usually grown for their sweet juice. Blood oranges are distinctly red inside and even produce a reddish juice. Oranges are almost exclusively eaten fresh or juiced. The juice is used in cooking and baking, but the fruit itself seldom is. Oranges are famous for their vitamin C content, and they also have fiber, vitamin A and even calcium. Their fragrant peels can be used to freshen up a room in potpourri. Starting Your Tree While you can probably get a seed from a supermarket orange to sprout, you will not get a resulting tree that matches that type of orange. Not to mention you will have about 10 years to wait before getting any kind of harvest. Most people buy seedlings instead. The orange branches have been fused with the rootstock of another tree. The oranges will produce true to form, depending on the top of the tree, not the bottom. Grafted trees usually start to produce fruit for you the quickest. Depending on your variety, an orange tree can get between 12 and 30 feet tall and have branches that spread around 10 feet across. Oranges will also need a sunny location with well-drained soil. Dig the hole for your seedling large enough to hold the roots without having to bend or break any of them. Soak the roots before planting them and make sure the grafting union point is kept well above ground level. Keep your tree well watered through the first season. Tree Care Orange trees need a lot of water. Adding a thick layer of mulch around the tree will help keep moisture in the soil. Let the tree grow naturally for the best fruit harvest. That also means that your tree will be much taller than a pruned tree. Regular fertilizing is extremely helpful for heavy-feeding orange trees. Giving them a feeding with standard fertilizer mixes at least twice a year is typical. There are some fertilizer products available formulated specifically for citrus trees as well. Containers One of the great things about growing a miniature orange tree in a pot is that you can move it somewhere sheltered during the winter. That means you may be able to grow oranges in areas cooler than the usual zones. Your tree should be able to stay outside as long as the temperature both daytime and nighttime stays above 40F. Use a large container that has very good drainage. They like water but not soggy roots. You will have to water your tree at least once a week if not twice. If the soil is dry for an inch on top, you should water again. Pests and Diseases Orange trees can be subject to a number of problems. One of the most common is scale, which is a brownish insect that looks like a round bump or scale on the branches of your orange tree. Some species of scale are almost transparent, making them nearly impossible to see. Not only do they slowly suck the juices out of your plant, they give off a sweet sticky substance themselves that attracts more insects and can cause mold growth too. A foliage cleaner spray is designed to help with scale. It makes your orange tree leaves slippery, and the scale tends to drop off. Ants love the liquid they give off its called honeydew , so if you see a lot of ants on your orange trees that is a good indication that you have a scale problem. Mites are another tiny insect that can cause big problems. Orange trees are susceptible to citrus rust mites as well as spider mites. They are very small, and look like fat little spiders. Mites can cause your leaves to curl and brown. You can spray your trees with dormant oil in the early spring to help kill them off, or use insecticide later in the growing season. Harvest and Storage Your harvest season will vary greatly depending on what variety of orange you are growing. Valencia oranges will ripen between March and June, but many navel oranges ripen after December. A new orange tree will usually start to produce a fruit harvest about 2 years after planting. The fruit will turn completely orange and have lost their green when they are ripe. Taste one to make sure they are at their sweetest. You can store oranges at room temperature for up to 2 weeks with no problem. March 28th, at Can you put dried leafs for mulch or do you have to buy mulch? I am new to any type of landscaping and I live in Southern CA with a rock front and back yard. I think I have the ugliest front and backyard in the whole town. I am 71 years old

and am trying to make our yards pretty.

3: Orange (fruit) - Simple English Wikipedia, the free encyclopedia

All citrus trees belong to the single genus Citrus and remain almost entirely www.enganchecubano.com includes grapefruits, lemons, limes, oranges, and various other types and hybrids.

They also provide the following health benefits: Oranges contain phytochemicals that protect against cancer. Oranges are rich in citrus limonoids, proven to help fight a number of varieties of cancer including that of the skin, lung, breast, stomach and colon. Orange juice can help prevent kidney diseases. Drinking orange juice regularly prevents kidney diseases and reduces the risk of kidney stones. The high sugar content of fruit juices can cause tooth decay and the high acid content can wear away enamel if consumed in excess. Mandarin oranges fight liver cancer, according to studies. According to two studies in Japan eating mandarin oranges reduces liver cancer. This may be due in part to vitamin A compounds known as carotenoids. They are rich in potassium and boost heart health. Oranges are full of potassium, an electrolyte mineral responsible for helping the heart function well. When potassium levels get too low, you may develop an abnormal heart rhythm, known as an arrhythmia. They lower the risk of diseases. Oranges are full of vitamin C, which protects cells by neutralizing free radicals. Free radicals cause chronic diseases, like cancer and heart disease. Oranges fight against viral infections. Studies show that the abundance of polyphenols in oranges protects against viral infections. Oranges are full of dietary fiber, which stimulates digestive juices and relieves constipation. Oranges are rich in carotenoid compounds, which are converted to vitamin A and help prevent macular degeneration. They regulate high blood pressure. Oranges are full of beta-carotene, which is a powerful antioxidant that protects the cells from damage. Beta-carotene protects the skin from free radicals and helps prevent the signs of aging. Oranges alkalize the body. Although oranges are acidic before you digest them, they contain many alkaline minerals that help to balance out the body after they are digested. In this respect, they are similar to lemons, which are one of the most alkaline foods available. Oranges like all fruits have simple sugars in them, but the orange has a glycemic index of Anything under 55 is considered low. Oranges are the largest citrus crop in the world. Brazil produces more oranges than any other country. Navel Oranges are named after the belly button shape near the bottom. About 25 billion oranges are grown each year in America. In the 18th century British sailors took sauerkraut and citrus fruits on the ships to prevent scurvy. Florida produces about 70 percent of the total U. Two most common varieties of oranges are Navel and Valencia oranges. History of the Orange: Oranges were first grown in southeast Asia, northeastern India and southern China and were first cultivated in China around BC. North Africa began growing oranges in the 1st century AD. By oranges were introduced to Panama and Mexico, and a little later Brazil started growing orange trees. Evergreen means they produce flowers and fruit all at the same time. Oranges are either sweet or bitter, but most of us eat only the sweet oranges. The most popular sweet varieties are Valencia, Navel, Persian variety and blood orange. Warm weather can cause the orange skin to re-green, but it will still taste good. Orange peels contain many volatile oil glands in pits. Interior flesh is composed of segments, called carpels, made up of numerous fluid-filled vesicles that are actually specialized hair cells. In the northern hemisphere orange fruit season begins in October and lasts until February. The bigger the navel in an orange, the sweeter it will be. Buy fresh fruits that are firm, yet yield to gentle pressure. Fresh oranges have bright color, no wrinkles on the skin and feel heavy for their size. Avoid overly soft oranges with spots and mold. Oranges can be kept at room temperature for a week or so, but keep well for up to two weeks in the refrigerator. Keep them loose in the fruit container and place in the cool area away from excessive moisture, as they tend to get mold easily. Store freshly squeezed orange juice inside the freezer compartment for later use. Store dried orange zest in a cool, dry place in an airtight glass container away from moisture. Moro oranges are also called blood oranges, because the pulp is bright red. Insecticide is sprayed over most orange crops. Organic oranges do not have these chemicals and are best suited for zest preparation. For those susceptible to foodborne illness, you may need to avoid drinking unpasteurized or fresh-squeezed juice that could contain harmful bacteria. Try sticking to pasteurized juices. Preparation and Serving Tips: It is simple to eat a fresh orange anytime or anywhere. Be sure to wash them under running water to remove surface dirt and any

pesticide residues. Making fresh orange juice at home is easy and much better than commercial drinks that may contain preservatives and artificial coloring. Oranges will produce more juice when warmer, so always juice them when they are at room temperature. You can roll the orange under the palm of your hand on a flat surface to help extract more juice. Also, it is best to drink the juice at room temperature. The outermost part of the rind can be grated to produce orange zest. It is important that you use an organic orange as this is where all the pesticides will be. Here are a few recipes to get oranges into your diet:

4: What To Do When Life Gives You {Lots Of} Oranges!

Oranges: all about them., [Alvin Silverstein; Virginia B Silverstein; Shirley Chan] -- Introduces the orange in legend and history, its growth and cultivation, and its use as a food. Includes experiments, recipes, and games with oranges.

History[change change source] Sweet orange trees were brought to Italy , Spain and Portugal from India in the fifteenth century s. Before that time only sour oranges were grown in Italy. The name is from a Sanskrit word, via Persian and Arabic. There are several different types of sweet oranges. One of the most common types is called the "Valencia" orange, which comes from Spain and is also grown in Africa and Australia. It is one of the most important "commercial" oranges. This means that it is grown for sale in shops. One type of sweet orange is called the "blood orange" or "sanguine orange" sanguine means blood red. These oranges often have red marks on the skin, and some parts of the inside look as if they have blood in them. Some blood oranges make juice that is ruby red. These oranges are called "Ambersweets" In the s, in Brazil , a tree growing in a monastery garden was making very strange fruit. The little orange made a strange bump at the bottom of the orange skin, that looked just like a human "belly-button". These oranges were named "Navel Oranges". They tasted very sweet, they had no seeds and they peeled quite easily. This made them a very good orange to grow commercially. But they could not grow from seed. They could only grow from plant cutting s. Nowadays, thousands of these orange trees have been planted from cuttings. Every navel orange in the world has the same genetic make up as the oranges on that tree in the monastery in Brazil. Now there are several varieties. These include tangerines, which are redder than most mandarins, and clementines, which are large, smooth and plump. Mandarins of all sorts are very useful lunchbox fruit, because they are easy to peel and eat, but do not get squashed easily. Nowadays, many people of the world eat an orange or drink orange juice every day, because oranges are one of the best and cheapest sources of Vitamin C. Human bodies, unlike many other animals , do not manufacture Vitamin C, so a human needs vitamin C in their diet regularly. Vitamin C helps the body to grow, to heal wounds and fight infection. Oranges are also a very good source of dietary fibre. But they do not contain high amounts of minerals. If a person eats an orange and a banana together, then they have had a very nourishing snack that supplies both vitamins and minerals. Oranges are sweet and juicy. Traditions[change change source] Christingles prepared for a Moravian service Orange trees are a symbol of love and marriage in many cultures. Oranges are sometimes found in Renaissance paintings of married couples. Brides traditionally wear orange blossoms in their hair or carry them in their bouquet at their wedding. Orange blossoms are often part of the decoration on a wedding cake. Queen Victoria was given a coronet of gold and enamel orange blossoms by her husband Albert. When their children were born, he had a jeweller add tiny green oranges to the coronet. If an orange is peeled with a knife, it is possible to cut the peel off in one long unbroken piece. Schoolgirls in some countries chant a rhyme, and throw the long orange peel over their shoulder, then look at how it falls to find the initial letter of the name of the boy that loves them. In some countries, blood oranges are seen as a symbol of the death of Jesus. In cold countries, when fruit was scarce, an orange was often given at Christmas. Orange peel can be dried and treated with sugar. It is an ingredient in Christmas cakes. Oranges are sometimes used to make a sweet-smelling pomander to perfume a room. This is done by sticking the stalks of cloves into an orange, and allowing the orange to dry out. Orange jam is called marmalade. Traditionally, it is said to have been first made for Mary Queen of Scots or Marie Antoinette when they were sick. Neither of these stories is true, as marmalade was made in Portugal for many years before either of them was born. The term "marmalade", originally meaning a quince jam "marmelada" in Portuguese , derives from the Portuguese word for this fruit, marmelo.

5: 13 Health Benefits Of Oranges | Care2 Healthy Living

About the Book. Introduces the orange in legend and history, its growth and cultivation, and its use as a food. Includes experiments, recipes, and games with oranges.

Citrus taxonomy All citrus trees belong to the single genus *Citrus* and remain almost entirely interfertile. This includes grapefruits, lemons, limes, oranges, and various other types and hybrids. As the interfertility of oranges and other citrus has produced numerous hybrids and cultivars, and bud mutations have also been selected, citrus taxonomy is fairly controversial, confusing or inconsistent. Orange applies primarily to the sweet orange – *Citrus sinensis* L. Inside and attached to the rind is a porous white tissue, the white, bitter mesocarp or albedo pith. The grainy irregular rind of the ripe fruit can range from bright orange to yellow-orange, but frequently retains green patches or, under warm climate conditions, remains entirely green. Like all other citrus fruits, the sweet orange is non-climacteric. The *Citrus sinensis* group is subdivided into four classes with distinct characteristics: Mandarin orange *Citrus reticulata* is an original species of citrus, and is a progenitor of the common orange. Bitter orange *Citrus aurantium*, also known as Seville orange, sour orange especially when used as rootstock for a sweet orange tree, bigarade orange and marmalade orange. Like the sweet orange, it is a pomelo x mandarin hybrid, but arose from a distinct hybridization event. It is a hybrid of bitter orange x lemon. It often serves as a rootstock for sweet orange trees and other *Citrus* cultivars. Some cultivars are mandarin-pomelo hybrids, bred from the same parents as the sweet orange e. Other cultivars are sweet orange x mandarin hybrids e. Mandarin traits generally include being smaller and oblate, easier to peel, and less acidic. Orange trees generally are grafted. The bottom of the tree, including the roots and trunk, is called rootstock, while the fruit-bearing top has two different names: This linguistic change is called juncture loss. The color was named after the fruit, [29] and the first recorded use of orange as a color name in English was in Neapolitan, an orange is portogallo or purtuallo, literally "the Portuguese one", in contrast to the Italian arancia. In other Indo-European languages, the words for orange allude to the eastern origin of the fruit and can be translated literally as "apple from China". Some examples are German Apfelsine alternative name for Orange and common in northern Germany, Dutch appelsien and sinaasappel, Swedish apelsin, Russian apelsin and Norwegian appelsin. Since its chloroplast DNA is that of pomelo, it was likely the hybrid pomelo, perhaps a BC1 pomelo backcross, that was the maternal parent of the first orange. It also was considered a luxury item and wealthy people grew oranges in private conservatories, called orangeries. By the 15th century, the sweet orange was well known throughout Europe. On his second voyage in 1493, Christopher Columbus may have planted the fruit in Hispaniola. Spanish missionaries brought orange trees to Arizona between 1520 and 1540, while the Franciscans did the same in San Diego, California, in 1769. In Louisiana, oranges were probably introduced by French explorers. Archibald Menzies, the botanist and naturalist on the Vancouver Expedition, collected orange seeds in South Africa, raised the seedlings onboard and gave them to several Hawaiian chiefs in 1791. Eventually, the sweet orange was grown in wide areas of the Hawaiian Islands, but its cultivation stopped after the arrival of the Mediterranean fruit fly in the early 19th century. Florida farmers obtained seeds from New Orleans around 1820, after which orange groves were established by grafting the sweet orange on to sour orange rootstocks. The majority of this crop is used mostly for juice extraction. Valencia orange An orange grove in Florida The Valencia orange is a late-season fruit, and therefore a popular variety when navel oranges are out of season. The mascot was named Naranjito "little orange" and wore the colors of the Spanish national football team. Around 1870, he provided trees to S. Parsons, a Long Island nurseryman, who in turn sold them to E. Hart of Federal Point, Florida. Hamlin near Glenwood, Florida, in 1870 The fruit is small, smooth, not highly colored, and juicy, with a pale yellow colored juice, especially in fruits that come from lemon rootstock. The fruit may be seedless, or may contain a number of small seeds. The tree is high-yielding and cold-tolerant and it produces good quality fruit, which is harvested from October to December. It thrives in humid subtropical climates. In cooler, more arid areas, the trees produce edible fruit, but too small for commercial use. On sand, they are grafted on rough lemon rootstock. This cultivar is now [needs update] the leading early orange in Florida and, possibly, in the rest of the world. Larger than other orange Belladonna: Mary Nursery, which in 1870 received the

Silver Wilder Medal by the American Pomological Society; [8] [49] originally considered a hybrid, the Lue Gim Gong orange was later found to be a nucellar seedling of the Valencia type, [50] which is properly called Lue Gim Gong; since , the Lue Gim Gong variety is grown in Florida, although sold under the general name Valencia Macetera: They are primarily grown for human consumption for various reasons: In , twelve cuttings of the original tree were transplanted to Riverside, California, where the fruit became known as "Washington". Today, navel oranges continue to be propagated through cutting and grafting. This does not allow for the usual selective breeding methodologies, and so all navel oranges can be considered fruits from that single, nearly two-hundred-year-old tree: This case is similar to that of the common yellow seedless banana, the Cavendish , or that of the Granny Smith apple. On rare occasions, however, further mutations can lead to new varieties. They are sweet and comparatively low in acid, [55] with a bright orange rind similar to that of other navels, but their flesh is distinctively pinkish red. It is believed that they have originated as a cross between the Washington navel and the Brazilian Bahia navel, [56] and they were discovered at the Hacienda Cara Cara in Valencia , Venezuela, in

6: Apple Facts - Apples and More - University of Illinois Extension

All the fiber in oranges may help lower cholesterol levels, because it picks up excess cholesterol compounds in the gut and pushes them out in the elimination process.

Orange belts are for karate, eating oranges is for BJJ. Ever go to the grocery store and find yourself confused when all you simply need to do is buy some oranges? Grappler Gourmet is an equal opportunity reviewer but not all oranges should be treated equally. In this weeks review I will be providing a crash course on the different types of oranges, how to tell them apart, and what they are best used for so that way when you find yourself in the citrus section at the store tomorrow you will be walking around like you just got your blue belt. What is an orange? Oranges are well, orange colored fruits belonging to the citrus family. They are packed with vitamin C and I am sure if you played any little league sport, or generally have been a human being for any part of your life you have had an orange or know what an orange is. What is the difference between a naval orange and a blood orange? One of these is not like the other—can you figure it out? Oranges come in two different flavor profiles so it is important to understand what you are buying. Expecting a sweet orange and getting a bitter orange is like catching a foot to the head from the group rolling next to you. You never expect it and man what a shock. Knowing the difference between the varieties will help you prepare your foods accordingly and ultimately enjoy life a little bit more because you are eating better tasting foods while understanding them. Selecting the Right Orange There are a few keys to pay attention to when selecting the best oranges, follow them and you will have the cream of the crop every time! A thing of beauty right? You need to know your shit. Bright orange color is actually not a key to a perfect orange. The color actually does not matter at all. So follow the other keys first. Eat with your eyes. Do you see any traces of mold? If so, keep moving to the next orange. Now that we have eyed up our mouths training partner get your grips. If the orange has nice and smooth skin along with a firmer texture this is a good sign. We are obsessive about our own weight sometimes and we should be with our oranges. The best oranges are the ones that feel heavier than they appear. This means they are full of juice! Bigger is not always better. Smaller oranges tend to be the juicer of oranges. Storage Oranges will last up to 2 weeks safely under refrigeration or out at room temperature. By covering oranges and all other citrus you are eliminating air flow and enabling moisture to build up which is exactly what mold needs to grow. You can even freeze orange juice in a ice cube tray for easy smoothie work. Most Common Oranges Now that you know how to pick and store your oranges it is crucial to know which ones you want to apply your new skills to. Because you understand how to use submission ingredients in the recipe of roll, the same applies to normal cooking and oranges. Naval Oranges How to Identify: Due to their flavor and the fact that they are seedless they are the ideal eating orange. Sweet like candy baby! A variety of Naval oranges so their appearance is the same, but only goes skin deep. Once you look inside the flesh has a more pinkish red color to it. They are good for eating straight up but even better in a nice salad because of the bitter element. Super sweet but has a bit of bitter tang to them similar to a cranberry. Thinner skinned and ranging more on the small-medium size these really look the part of the stereotypical orange. Because of the seeds along with a grainy texture you do not want to eat a Valencia straight up, which is funny because these are the most commonly found oranges thus people will buy them to eat. Sweet with a little tartness. So exactly what you would imagine orange juice tastes like because well, most all orange juice comes from Valencia oranges. Smaller thick skinned oranges that you will notice might have a little red hue to the outside. They lend very well to a meal because they have a unique taste. Some even consider blood oranges to be the most tart of oranges. January — April Fun Fact: Because of the carotene that gives blood oranges their colors they are a very powerful antioxidant. Clementine How to Identify: On-The-Go eating straight out of hand, easy to peel, seedless and delicious. Sweet and lack any trace amounts of acidity that you normally find in oranges. November — January Tangerine How to Identify: Tangerines are a little larger and the major visual difference is the skin texture. Tangerines have a more pocked look. No offence to any old men out there, I am becoming one myself. On-The-Go eating out of hand. They do have seeds and thicker pith than clementines. They also tend to be juicier than clementines. October — April Flavor Pairings Typically since oranges range

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from sweet to bitter on the flavor spectrum you want to pair accordingly. Save the bitter oranges for making jams, jellies and marmalades. As for most of the other oranges here are some key ingredients that work universally. Oranges are very readily available, easy to carry around because they have their own protective skin and do not require refrigeration. They are packed with good sugars that will give you the boost you might need to finish out your day and get on the mats. But the last thing you want to do is bite into a bitter orange when you are expecting a sweet treat before training. Now that you have this guide and can go out and apply the knowledge you have gained and never again be fooled by those orange little bastards! Also quit fooling yourself about not needing a new gi. But most importantly, remember to eat well, train hard.

7: Sweet Oranges - All About Florida Oranges

Orange is a tropical to semitropical, evergreen, small flowering tree, growing to about 5 to 8 m tall, and bears seasonal fruits that measure about 3 inches in diameter and weigh about g.

Posted by admin Oranges are juicy sour-sweet delicious citrus fruits. They have a brightly colored outer rind covering the soft, juicy, pulpy fruit. They belong to a group of citrus fruits called the hesperidium. Oranges are actually modified berries, containing volatile oil glands in pits. The pulpy mass is made up of carpels, that have many fluid-filled vesicles, which are nothing but specialized hair cells. The orange tree is a small tropical to semi-tropical, evergreen flowering plant. It can reach a height of about meters. Oranges are seasonal fruits. A typical orange can be 3 inches in diameter, and weighs g. The flowers of an orange tree are white in color and have a wonderful fragrance. The blooming period of flowers is in spring. The fruits ripen in fall or winter. It is believed that oranges were first produced in south east Asia, sometime around BC. It was taken to Africa by travelers and found its way in the Roman soil by BC. Sour oranges were introduced to the Arabs by 10 century A. The Portuguese came up with a new variety of orange called the Portugal orange. It is thought that Christopher Columbus was the first person to bring the seeds of orange to America during his second voyage in By , orange grooves were thriving in St. In , three orange trees were brought from Brazil and planted in Riverside, California. It is interesting to note that one of the trees is still alive and bearing fruits. There are over varieties of oranges. The popular varieties of oranges can be listed as under:

8: www.enganchecubano.com: Oranges: all about them, (): Alvin Silverstein: Books

The orange is a citrus fruit and is a hybrid of the pomelo and mandarin. Oranges have been grown since ancient times and originated in Southeast Asia. As of , Brazil grows one third of all the world's oranges.

Health benefits of oranges

Immune system Most citrus fruits have a good deal of vitamin C, and oranges have high levels even compared to their tangy brethren. Free radicals may lead to chronic conditions such as cancer and heart disease. Heart Oranges contain vitamin C, fiber, potassium and choline, which are all good for your heart, so the fruits may give your ticker a big boost. Potassium, an electrolyte mineral, is vital for allowing electricity to flow through your body, which keeps your heart beating. Lack of potassium can lead to arrhythmia, an irregular heartbeat. According to Flores, "the potassium found in oranges helps to lower blood pressure, protecting against stroke. The American Diabetes Association lists oranges, along with other citrus fruits, as a superfood for people with diabetes. Digestion and weight loss Oranges are high in fiber, which aids in digestion by keeping you regular. It is also good for weight loss. Foods with a high glycemic index such as white bread cause glucose levels to spike quickly after they are eaten, while foods with a low glycemic index such as vegetables and legumes cause blood sugar levels to rise more slowly and remain more constant over time. Vision Oranges are vitamin A rich. This nutrient contains carotenoid compounds like lutein, beta-carotene and zeaxanthin, which can help prevent age-related macular degeneration, an incurable condition that blurs central vision. Vitamin A also helps your eyes absorb light, and it improves night vision. Furthermore, the American Optometric Association reports that vitamin C can help reduce the risk of cataracts and may slow the progression of macular degeneration. Cancer "The vitamin C in oranges is associated with a reduced risk of colon cancer due to preventing DNA mutations from taking place," Flores said. A study published in the American Journal of Epidemiology showed that consuming bananas, oranges and orange juice in the first two years of life may reduce the risk of childhood leukemia. Health risks Oranges are great for you, but you should enjoy them in moderation, Flores warned. It is also possible to have too much vitamin C more than 2, mg a day. An excess of this nutrient may lead to diarrhea, nausea, vomiting, heartburn, bloating or cramps, headaches, insomnia, or kidney stones. People with gastroesophageal reflux disease GERD, also called acid reflux disease may experience heartburn or regurgitation if they eat too many oranges. People who are taking beta-blockers should be careful not to consume too many oranges. These medicines increase potassium levels and, if mixed with too many potassium-rich foods like oranges and bananas, can lead to an excess of potassium in the body. This is a significant concern for people whose kidneys are not fully functional, as the additional potassium will not be effectively removed from the body. Orange peels are not poisonous and, as many cooks know, orange zest can pack a big flavor punch. While orange peels are edible, they are not nearly as sweet or juicy as the pulp. They are known to have antihypertensive and anti-inflammatory effects, which relieve pressures on the heart. Additionally, orange peels contain vitamins A, C, B6 and B5; calcium; riboflavin; thiamin; niacin; and folate. One way to get some of the nutrients is by eating the inner part of the peel and leaving the tough outer part. Orange facts Some fun facts about oranges include: Oranges originated around B. Oranges are unknown in the wild. They are a hybrid of the pomelo, or "Chinese grapefruit" which is pale green or yellow , and the tangerine. The orange tree is a small tropical to semitropical, evergreen, flowering plant. It grows up to 16 to 26 feet 5 to 8 meters. Oranges are actually modified berries. The fruit came before the color. Oranges are classified into two general categories: The sweet varieties are the most commonly consumed. Popular varieties of the sweet orange *Citrus sinensis* include Valencia, navel and Jaffa oranges, as well as the blood orange, a hybrid species that is smaller in size, more aromatic in flavor and marked by red hues running throughout its flesh. Bitter oranges *Citrus aurantium* are often used to make jam or marmalade, and their zest is used as the flavoring for liqueurs such as Grand Marnier and Cointreau. The bigger the navel, the sweeter the orange. Moorish, Portuguese and Italian traders and explorers introduced sweet oranges into Europe around the 15th century, after finding the fruits on voyages to Asia and the Middle East. Renaissance paintings that display oranges on the table during "The Last Supper" are wrong. Oranges were not cultivated in the Middle East until sometime around the ninth century.

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Christopher Columbus planted the first orange trees in the Caribbean islands in the late 15th century after he brought the seeds there on his second voyage to the New World. Spanish explorer Ponce de Leon brought oranges to Florida in the 16th century, and Spanish missionaries brought them to California in the 18th century. Commercial oranges are often bright orange because an artificial dye, Citrus Red Number 2, is injected into their skins at the level of 2 parts per million. Oranges can be stored at room temperature or in the refrigerator. They will generally last the same amount of time, two weeks, with either method, and will retain nearly the same level of vitamin content. The best way to store oranges is loose rather than wrapped in a plastic bag, because they can easily develop mold if exposed to moisture. In , the top five orange-producing countries, by millions of tons produced, were Brazil In Spanish, "anaranjar" means, literally, to "orangicate" â€” to pelt something with oranges. About 85 percent of all oranges produced are used for juice. There are over varieties of oranges worldwide. A typical orange has 10 segments. Orange peel sprinkled over a vegetable garden is an effective slug repellent. The white orange blossom is the state flower of Florida.

9: Guide | Types of Oranges - Grappler Gourmet

As oranges, like most citrus fruits, will produce more juice when warmer, always juice them when they are at room temperature. Rolling the orange under the palm of your hand on a flat surface will also help to extract more juice.

Yesterday we received an unexpected delivery. A 20 pound box full of California Navel oranges! At least not before they eventually start to grow fuzzy stuff on them! Orange Peel Kindling Due to the high content of flammable oil in orange peel, dried peel makes a great firestarter or kindling. Stove Top Potpourri Cut up peels. In a saucepan add peels, 1 cinnamon stick, a few cloves and fill to the top with water. Simmer for a nice simmering potpourri. Face and Body Exfoliator Dry orange peels in the sun or in the oven. Process then in the food processor or coffee grinder and mix with chickpea flour for a natural exfoliating cleanser that can be used on face and body. Mosquito Repellent Rub fresh orange or lemon peels over your exposed skin to keep mosquitoes away. Get Rid Of Ants In a blender, make a smooth puree of a few orange peels in 1 cup warm water. Slowly pour the solution over and into ant hills. Scrubber For Cast Iron Pans Half an orange with some coffee grounds poured into it makes a great scrubber for a cast iron pan! The peel helps to protect your hand from the coffee grounds which are an excellent abrasive, as well as adding citrus cleaning power. Then just toss it in the compost. Continue Reading Keep them in a jar or bowl under your sink. Migraine Soother Boil the orange peels and let steep for 10 minutes. Drink as a tea to get rid of migraines. Clean Your Microwave Place orange peels in a bowl of water and microwave for about five minutes. Then wipe the microwave clean with a sponge. Clean Your Cutting Board Rub the empty peel across your cutting board to deodorize. Do the same in your sink. Citrus Vinegar Same as my Lemon Vinegar –but with an orange twist! Let it sit for an hour or more to really soak in, and watch all the grime come right off! The rest of list contains items that are all food-related –but still worthy of sharing! Now I can enjoy one of my very favorite fruits even more! Of course – 1 on the list –. You can drink the juice right then it will keep just fine in the refrigerator for a few days or freeze it for later! Frozen orange slices taste wonderful partially thawed in fruit salad with yogurt or slipped under chicken skin before baking. Mulling Mix Add-In Peel some skin with a peeler and bake it until fully dried. Orange-Chocolate Brownies Make your regular recipe for brownies and add at least 3 oranges worth of orange zest, and substitute orange juice for any liquid. Pork Marinade Marinate and cook pork shoulder or pork tenderloin in fresh orange juice. Oranges With Honey Slice your oranges in half, and put the halves in a baking dish. Drizzle a generous amount of honey over them and sprinkle with just a touch of cinnamon. Bake in a degree oven just long enough to heat them mins. Take out of the oven and place in a bowl and eat with a spoon! Yummy and also very soothing and healing if you have a cold or a sore throat! Orange Extract Zest your oranges and cover with vodka. Delicious Orange Extract works for lemons, too. Fresh Orange Salsa Chopped orange, red onion, jalapenos, cilantro. Great on grilled fish or tuna steaks. Also good added to a citrus slaw, cabbage or jicama. Orange-Flavored Vinaigrette Substitute orange juice for a portion of the vinegar in a salad dressing – a great way to add a slightly sweet flavor and to balance the taste of the vinegar. Wonderful over endive or spinach. Orange Curd Use your favorite lemon curd recipe, and lower the sugar by a third. Oatmeal With A Zing Prepare oatmeal with orange juice instead of water: This will give the pancakes a great flavor and added vitamin C! Orange Tea Make a lemon or orange infused tea by boiling lemon or orange rinds and then throwing in a tea bag. Let the bag steep as long as you like and enjoy! Orange Maple Butter To top french toasts, pancakes, scones – anything really. Delicious and keeps well in the fridge. Process in the food processor or blender. Add sugar, pectin and water and stir. Will keep refrigerated up to three weeks – or freeze for longer storage. So, so, so, good! Share YOUR citrus obsession!

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