

Harvest of the Month

Orange

Calories
62

Total Fat
0g

1
cup

Sodium
0mg

Sugars
12g

FUN FACTS:

The orange originated thousands of years ago in Southeast Asia.

There are over 600 varieties!

Packed with Vitamin C, they help fight infections, promote healthy teeth and gums, and make it easier for the body to absorb iron.

Almost 85% of all oranges are used for juice.

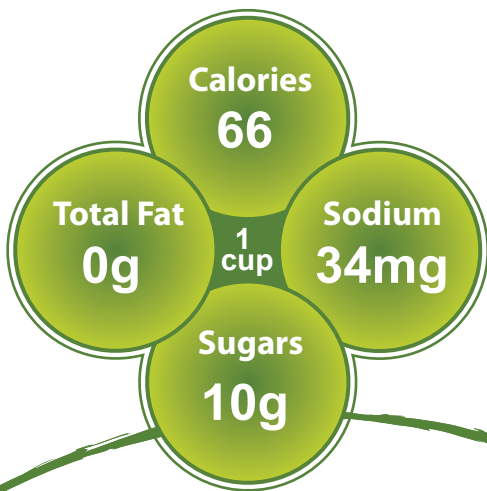
Marmalade is orange jam.

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Rutabaga



FUN FACTS:

The rutabaga is a cross between a wild cabbage and a turnip.

Rutabagas are an autumn harvest root vegetable. Harvesting them after a frost brings out their rich, velvety flavor.

In the U.S., rutabagas are most often in stews and casseroles, mashed with carrots, or baked in a pastry.

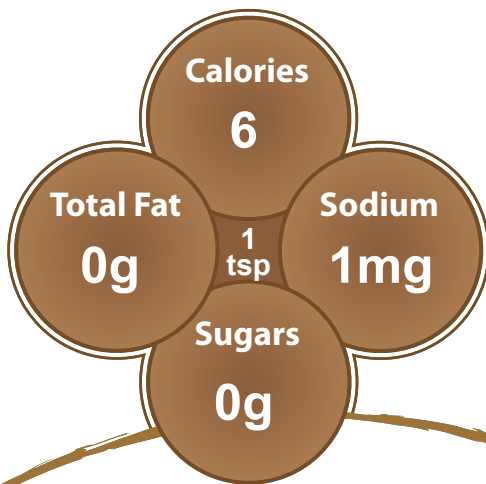
If eating raw, peel them before eating. When roasted, they have a slight sweet flavor.

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Ginger Root



FUN FACTS:

Fresh ginger is a knobby tan root with ivory flesh.

It grows in southern China, Japan, West Africa, and other tropical countries. Jamaican ginger is considered the best of all!

It has a peppery, spicy and slightly sweet flavor and is an essential ingredient in Asian and Indian cookery.

Peel ginger before you use it. You can refrigerate ginger for up to 3 weeks or freeze it for up to 6 months.

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