

# SPOTLIGHT ON PRODUCE

## WHAT AM I?

Blood Oranges are one of the sweetest in the citrus family. They look like an orange on the outside, but the inside is red. They have a raspberry and orange flavor.

## HOW DO I GROW?

Blood Oranges grow on trees in warm climates. The fruit grows from late winter through early summer.

## NUTRITION FACTS

Blood Oranges are full of Vitamin C, which boosts your immune system! They are also a good source of fiber!

## FUN FACT

Blood Oranges are easier to peel than other oranges!

## BLOOD ORANGES

