



Child Nutrition Corner: Food Inspires

Childhood exposure to good food inspires healthy eating later in life.

Our January/February promotion is titled “Squeeze the Day with Citrus.”

Citrus fruits are extremely popular, and there are many facts about citrus fruits that are surprising. The popularity of citrus fruits is easily demonstrated by the fact the orange industry alone is a multi-billion-dollar industry. The taste and nutrition of oranges and other citrus keeps people coming back for more. While you know that citrus is rich in vitamin C and it makes delicious juice, there are some uncommon facts about citrus fruits that might surprise you.

- The popular navel orange originated in Brazil before 1870 from a spontaneous mutation. People adored navel oranges so much that saplings were eventually brought to California, where a woman named Eliza Tibbets cared for them. Interestingly, all of the navel oranges we have today are ancestors of the trees Tibbets cared for, and one of these trees is still standing and producing fruit!



- The bitter pith that most people peel off is actually one of the healthiest parts of citrus fruits! The pith has high amounts of pectin and flavones. In fact, leaving the pith on provides 400 milligrams of phytonutrients, which is much more than the 100 milligrams of phytonutrients in citrus that doesn't have the pith.
- Grapefruits are a bitter citrus fruit, but the red varieties are sweeter than most.
- Tangelos are the result of a gentler crossbreeding. In 1897 tangelos were created when the pollen of a tangerine blossom was applied to a grapefruit blossom. The result of this crossbreeding was the sweet and tangy tangelo.



- Lemons and limes are native to southern China and northeast India, and they remained there until the fourth century B.C.E. At that time Alexander the Great took such an interest in lemons and limes that he brought seeds from Persia to Greece. The seeds were cultivated and the fruit became popular.

Citrus fruits are fantastic fruits that have so much flavor. The facts regarding citrus are fascinating. Which of these facts surprised you the most? To learn more check out <https://food.allwomenstalk.com/surprising-facts-about-citrus-fruits/>

We plan to offer a variety of citrus in January and February. So, **squeeze the day with citrus!**

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