

February 2025

FARM TO SCHOOL



CARA CARA ORANGES

Catch them in the
cafeteria this Tuesday!

WOLLENMAN FAMILY FARMS

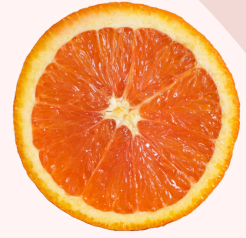
Located in Lindsay, CA



- The Wollenman family has been growing citrus in California for almost 100 years!
- They place a strong emphasis on sustainability and environmentally-friendly farming practices that conserve water and reduce waste
- The family grows a wide range of produce and also focus on different types of citrus such as our Cara Cara Oranges and the Sumo Citrus

LONG BEACH USD

FARM TO SCHOOL



FEATURED FRUIT: CARA CARA ORANGES



MEET THE FARMER

- Our Cara Cara oranges are sourced from Wollenman Family Farms located in Lindsay, California. A multi-generational, family-owned farm committed to sustainability and quality.

FUN FACTS

- Cara Cara oranges have a pink & slight red flesh color on the inside and are less acidic than navel oranges
- The fruit contains lycopene which gives the flesh a pink-red color
- They were discovered at Hacienda Cara Cara located in Valencia, Valenzuela back in 1976

CHARACTERISTICS

- available December to April
- sweet
- juicy
- tangy
- seedless
- refreshing



CALIFORNIA
FARM TO SCHOOL
NETWORK

AVAILABLE AT LUNCH IN THE CAFETERIA ON
FEBRUARY 4TH!



CARA CARA ORANGE SPOTLIGHT



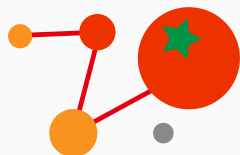
Discovered at
Hacienda Caracara
in Valenzuela



Sweeter than other
orange varieties



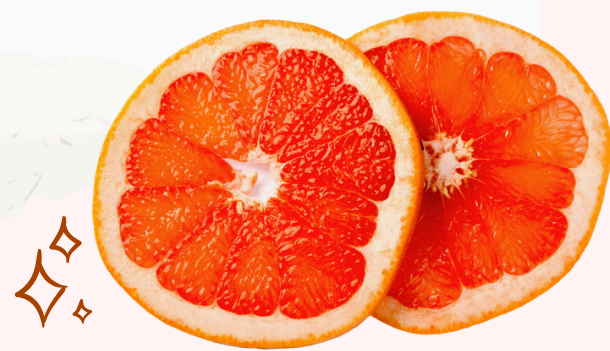
Contains lycopene, a powerful antioxidant that protects the eyes, heart & skin. Lycopene also gives the orange their reddish color!



Lycopene is found in other foods such as carrots, guava, pink grapefruit, pomegranate, red bell peppers, tomatoes & watermelon.



Packed with Vitamin C which helps heal wounds & fight infection.





CARA CARA ORANGE CHIA PUDDING

Yields 2 servings | Prep Time 5 min | Chill Time 4 hrs

INGREDIENTS

1/2 cup Cara Cara
Orange Juice

1/2 cup almond milk

2 tbsp chia seeds

1 tbsp honey

1/2 tsp vanilla
extract

Fresh Cara Cara
orange slices for
topping

DIRECTIONS

- In a bowl or jar, combine the Cara Cara orange juice, almond milk, chia seeds, honey, and vanilla extract
- Stir well to combine, then refrigerate for at least 4 hours or overnight
- Once the chia pudding has thickened, top with fresh Cara Cara orange slices