



Sumo oranges are a hybrid of mandarins, navel oranges, and pomelos. They are seedless, easy to peel, and have a bumpy skin with a distinctive topknot.

Characteristics

- **Size**

Sumo oranges are almost the size of an orange, or about the size of a small grapefruit

- **Taste**

Sumo oranges are juicy, sweet, and have a great taste

- **Nutrition**

Sumo oranges are high in fiber and potassium, and contain 160% of the daily value of vitamin C

- **Uses**

Sumo oranges can be eaten like an orange or mandarin, or used in cooking and baking

History

- Sumo oranges were first cultivated in Japan in the 1970s
- Seedlings were first imported to the United States in 1998
- The fruit became commercially available in the United States in 2011