



RESCUING FOOD • NOURISHING COMMUNITIES

FOOD CARD

ORANGES, MANDARINS GRAPEFRUIT, TANGELOS



AVAILABLE

All year. NZ grown navel oranges: June to December.
Valencia oranges: November to February.
NZ grapefruits: May to January.

STORE

At room temperature.

EAT

Raw.

Cooked as part of savoury and sweet dishes.

Drink juice.

PREPARE

1. Peel and pull segments apart, slice or chop.
2. Slice in half and juice.

AVOID WASTE

Freeze: Squeeze out the juice. Freeze in ice trays. Once frozen, put cubes into plastic bags and keep in freezer.
Peel, segment and freeze. Use in fruit salads.

TASTY IDEAS

- Add pieces to fruit salad.
- Add to salads. Orange goes well with spinach and kale.
- Add slices to water. Gives more flavour without lots of added sugar and calories.
- Add some juice or grated rind to dressings, marinades and stuffings.
- Use in baking, e.g. orange cake, muffins, citrus slice.
- Make marmalade. There are lots of recipes online.