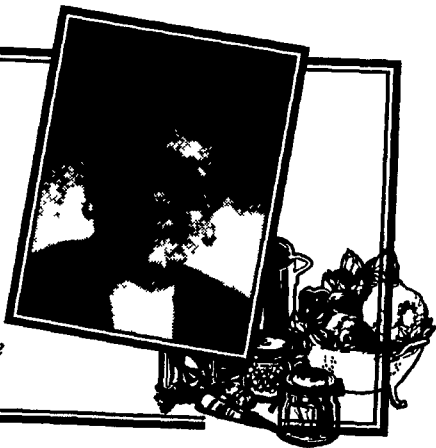


Consuming Thoughts

by
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Penn State Extension Home
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You probably have seen some new varieties of citrus from Florida in the supermarkets, but did you know that the different types of citrus have different flavors and acidity. Since Florida has about three hundred days of sunshine you'll be able to select from the many varieties available.

The following list should help you choose the types, varieties and know the seasonal availability of the citrus:

Navel (available October to January) - The navel has large to extra large fruit. It is deep

yellow to orange color with a pebbly, medium-thick peel, and is usually seedless. Of all the early varieties, it is best suited for hand eating. Navel oranges can be used for juice, but a bitterness often develops in the juice if not consumed with a short period of time. The most popular variety of navel oranges is Washington.

Hamlin (October to January) - Hamlin oranges are medium-sized, with a round to oval shape. The peel is thin and smooth. The flavor is sweet, and the fruit is almost seedless. The

juice is light in color and mild in flavor.

Parson Brown (November to January) - This type is medium to large in size, round in shape, with a light orange color and pebbly peel. The juice is low in acid and not too sweet.

Pineapple (December to February), the pineapple orange is a medium to large sized, round to oval fruit with a pebbly peel and some seeds. A beautiful red-orange peel develops when night temperatures drop below 55°F. Juice quality and color are excellent.

Queen (January and February), This type has a medium to large size, much like the pineapple. Claims have been made that is in more cold-hardy than the pineapple.

Valencia (March to June) - Valencias are seedless and are medium to large in size with a moderately thick peel. It is the leading variety of sweet oranges both in Florida and in the world. The peel, juice quality and color set the standards of excellence against which other sweet oranges are compared.

Select oranges that are firm and thin-skinned. The best way to judge an orange is by weight in relation to size. Heaviness is a clue to juicy fruit. Some of the best fruit may have tinges of green or brown spots on the skin. Cold weather causes fruit to develop a bright orange color, while usually warm weather may allow fruit to become fully mature and yet remain green. Chlorophyll production increases in the spring and causes "regreening" of the peel in thoroughly ripening fruit.

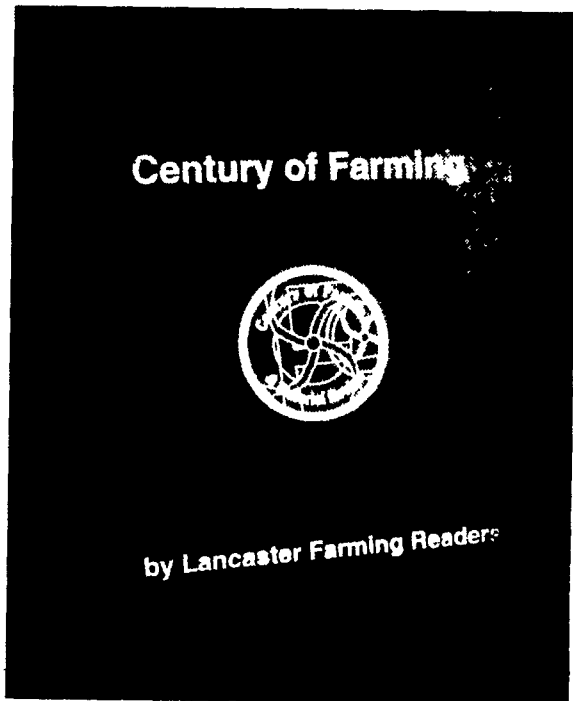
After harvesting, oranges will maintain a high quality only 2 to 3 days at room temperature. Commercial citrus, however, is sanitized by a process of washing and waxing that helps to extend storage life. Oranges usually keep three to four weeks under refrigeration but their best storage temperature is between 50 and 60°F, which is somewhat warmer than home refrigerators.

Oranges have long been recommended as a dependable source of Vitamin C. This is important because vitamin C helps increase iron absorption by the body. Oranges are also rich in vitamin A, are a well known source of folic acid, and contain smaller amounts of other B vitamins. Heat, light and air exposure destroy several of these important vitamins. For this reason, you should prepare only enough oranges for immediate use. Cover leftovers and refrigerate immediately; then use as soon as possible.

To estimate yields for fresh oranges, use this guide: 1 to 2 medium oranges yield 1/2 cup juice, and 1 medium orange yields: 1/2 cup bite-sized chunks, 4 teaspoons grated peel or 10 sections.

New shipment to be sent in about six weeks!

Century of Farming



A pictorial history
of farming from 1900 to 1999
as presented by
readers of *Lancaster Farming*.

Everett R. Newswanger, Editor

Lancaster Farming
Publisher

The first shipment of *Century of Farming* has already sold out. *Century of Farming* is the book that recalls family involvement and the historic significance of agriculture's heritage in the last 100 years. This treasure chest of memories includes 120 pages of old photographs from the family albums of readers of *Lancaster Farming*. In addition, Editor Newswanger has written a preface that takes you from the "Golden Age" of agriculture as the 20th century began, through the Depression and on to the tremendous contrast of biotechnology.

The response in sales has been almost overwhelming. And after we ran out of the book, we still had a big stack of orders from disappointed people who really wanted a copy-- especially after they saw it. Therefore we have arranged with the printer to do another run to fill the orders we have in hand and some extra for those who still would like to send in for a copy. We expect delivery to be in about six weeks.

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