

Compare Navel And Valencia Oranges

What's the difference between navel oranges and Valencia oranges?

They're just different varieties, but they're close enough that they can be used interchangeably for snacking or in most recipes. It's not recommended that navel

oranges be cooked for long periods, though, because they tend to get bitter. Add them in the last five minutes of cooking and you'll be fine.

There are other differences, too. Valencia oranges are harvested in early spring and summer, so they're mostly available from late February through November. They tend to have very few seeds. They're usually medium to large size and have a round to oval shape. Sometimes the skin is tinged with green, but not because they were picked before they were fully ripe. Rather, Valencia oranges sometimes begin to turn green again just as they're reaching full ripening. The phenomenon, called re-greening, occurs because the

oranges are ripening in the warmer months. The re-greening begins at the stem end.

Navel oranges are almost always seedless. They're generally larger than Valencias but also tend to have a round to oval shape. The peel has a more pebbly texture and is generally thicker than the peel on a Valencia orange. Navel oranges are known for their ease in peeling and sectioning. The navel orange is harvested in the winter, making it commonly available from November through May.

The best storage temperature for oranges is 45 degrees to 48 degrees Fahrenheit. Unfortunately, that's a bit too warm for the refrigerator and much too cool for room temperature. Still,

oranges, like most citrus fruits, will keep at room temperature for about a week to 10 days. If you prefer to store them in the refrigerator, use a vegetable crisper where you can control the temperature so it's a bit warmer. In the refrigerator, oranges last for two to three weeks.

Not surprisingly, oranges are chock-full of vitamin C. Navel oranges tend to have a bit more, gram for gram, with about 57 milligrams per 100 grams of fruit (about 1/4 of a large orange), com-

pared with 48.5 milligrams of vitamin C per 100 grams in a Valencia orange. Either way, you can count on getting 60 to 80 milligrams of vitamin C whenever you eat an orange. That's a lot, considering the recommended daily amount for women is 75 milligrams and 90 milligrams for men.

Chow Line is a service of The Ohio State University. Send questions to Chow Line, c/o Martha Filipic, 2021 Coffey Road, Columbus, OH 43210-1044, or filipic.3@osu.edu.



Popcorn Poppin' Month

Autumn is here and that means it's popcorn harvest time,

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that's low in fat, high in fiber, and packed with energy producing carbohydrates. Since there are so many tasty ways to serve popcorn — sweet or salty, buttered, caramel coated, cheese flavored or just plain — it's no wonder Americans will consume nearly 16 billion quarts of this naturally fun snack this year. That's 59 quarts per man, woman and child!

When you're looking for a healthy and easy way to jazz up your popcorn, just sprinkle plain, freshly popped, warm popcorn with one or more of the following toppers:

Garlic or onion salt, curry powder, chili powder, Parmesan cheese, dry Italian salad dressing, sesame seeds, hickory-flavored salt, vegetable flakes, dry soup or dip mix, dill weed, raisins, seasoned salt, powdered orange rind.

Light Delight Yogurt Popcorn

2 1/2 quarts popped popcorn
1 cup plain non-fat yogurt
6 ounces light pancake syrup
2 teaspoons maple or caramel extract

Put popped popcorn in a large bowl and keep warm. In a 2 1/2 quart saucepan, combine yogurt and pancake syrup. Bring to 225° on a candy thermometer and remove immediately from heat. Add extract. Pour over popcorn, stirring to coat.

For more popcorn information, visit www.popcorn.org or call 1-800-POPALOT.

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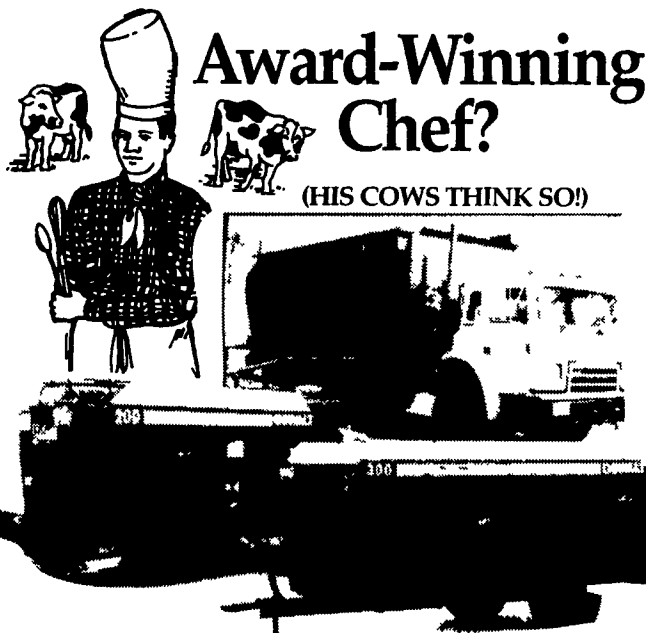


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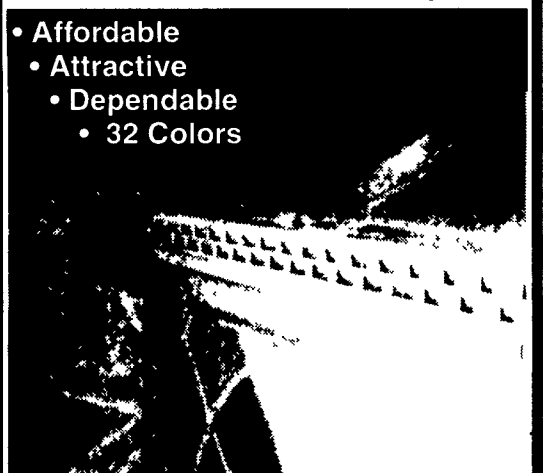
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