



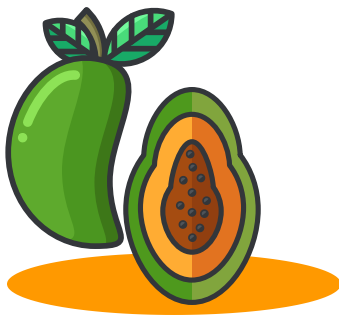
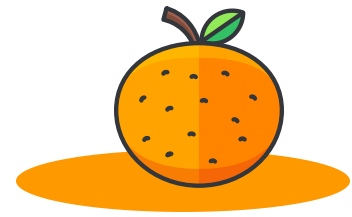
Orange You Glad



It's hard not to feel positive when you're enjoying the beautiful bounty of orange fruits and vegetables that are available each season!

Rise and shine to oranges

- Starting your day with an orange is a great way to stay healthy. But don't limit yourself to just orange juice.
- Fresh oranges, Clementines, and tangerines are just a few of the many delightful orange citrus fruits that are loaded with vitamin C, potassium and fiber.



Orange fruits besides oranges

- Cantaloupe and muskmelon are other beautiful orange fruits that are a great source of heart healthy potassium, beta-carotene and vitamin C.
- Tropical mangoes are also popular in spring and summer and also provide potassium, beta-carotene, vitamin C and fiber.

Orange veggies are

- Orange bell peppers add crunch, color and nutrition to several dishes or can be eaten raw.
- Acorn squash is a winter vegetable and it can be cubed, then brushed with olive oil and dried herbs and roasted.
- Sweet potatoes can be roasted, mashed or chopped and added to soups, stews or chilis.
- Carrots make a great snack solo or are delicious when roasted.

