

# Oranges for Each Day's Journey

Originally, oranges grew in Asia and the East Indies—do you know where these areas are on the map? Oranges were brought to Europe and then to the New World (North America) by explorers. Orange trees were first planted in the San Gabriel Mission in San Gabriel, California, in 1804. In 1841, William Wolfskill planted a commercial orange grove in Los Angeles. By 1849, this entrepreneur sold oranges to gold rushers to prevent scurvy, a disease marked by overall weakness, spots on the skin, and, in the worst cases, bleeding gums.



The vitamin C in oranges and other citrus fruits (such as lemons, limes, and grapefruit) helped keep the gold rushers and the early explorers, such as Columbus, Magellan, and Marco Polo, healthy during their long journeys. Just like the explorers, you can keep healthy and strong on your daily journeys (to school, to home, and to the store) by eating oranges and other citrus fruit. It's as easy as eating the orange wedges served in the cafeteria or grabbing a clementine and peeling it on the go. You'll have energy for playing, and the vitamin C will help you grow strong, heal cuts and bruises, and fight off infections.

# Have You Ever Heard of Pineapple Oranges?

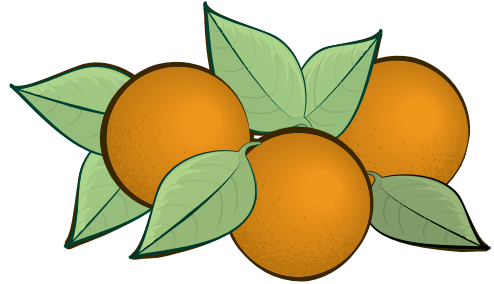
## (How About Valencia, Temple, Navel, or Blood Oranges?)

The oranges you usually see in the cafeteria are called pineapple oranges. Pineapple oranges are popular because they have few seeds and have the familiar bright orange skin.

All types of oranges are sweet and juicy, but each type has a different name and looks a little bit different from the others. Some are light orange on the inside, some are bright orange on the inside, and some are even bright red on the inside (these are called blood oranges).

Some oranges have thin skins, such as Valencia oranges, which also have few seeds and so are great for juicing, and some have thick, easily peeled skin, such as navel oranges. Oranges also come in different sizes, ranging from the smaller temple to the larger navel.

Because oranges are so delicious, they make a great snack and a sweet dessert! You can eat them on their own, peeled or cut into wedges as part of a salad, or even inside a sandwich! Eating oranges in any of these ways lets you enjoy them and gives you a boost of vitamin C that helps you grow, play, and learn.



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