Orange

What am I?

Oranges are fruit from the citrus family. They are typically round with a peel surrounding their sweet pulp. There are three main types of oranges- sweet, sour and mandarin.

How do I grow?

- Oranges grow on trees that are planted in rows.
- Oranges picked higher on a tree are sweeter than the ones picked closer to the ground.
- Like other citrus fruits, they cannot survive the cold for long periods of time.

Nutrition Facts

Oranges provide vitamin C, fiber, potassium, phosphorus and B vitamins for the body. They also contain phytonutrients which can help fight disease.

Fun Facts

- Oranges are one of the most commonly grown fruits in the world.
- Florida produces 70% of the country's oranges, but 9 out of 10 Florida oranges are used to make juice.

WISCONSIN DEPARTMENT OF
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