

# December 2019 Newsletter

## Winter Squash



- New Jersey grows winter squash varieties from August through December.
- There are several different varieties of squash that include Butternut, Acorn, Delicata, Spaghetti, and Sweet dumpling.
- The starchy nature of winter squash provides a significant amount of dietary fiber which helps with digestion.
- Squash are excellent sources of vitamin A and vitamin C.
- Always wash before preparing, use a large, sharp knife to cut the spaghetti squash in half length-wise. Use a spoon to remove the seeds.
- You can prepare squash as baked, broiled or even microwaved.
- Squash should be stored in a cool, dry area away from extreme temperatures and sunlight.
- Choose squash with a smooth, dry, dull rind that's free of cracks or soft spots and that have a deep color and is heavy for its size.

## Oranges



- There are two basic categories of an orange: sweet orange and the bitter orange.
- Some common varieties of oranges include Valencia, Hart's Tardiff Valencia, Hamlin, Blood or Pigmented oranges, Maltese, Moro, Sanguinelli, Scarlet Navel and Tarocco, Navel Orange, Cara cara, Bahia, Dream navel, Late navel, Washington or California Navel, Satsuma, Tangerine, Clementine and Pomelo.
- Store oranges at room temperature for 1-2 days or refrigerate for 1-2 weeks.
- Oranges are a great source of dietary fiber, Vitamin C, thiamin, folate, potassium and antioxidants.
- Choose oranges that feel heavy in size and have firm, finely texture skin.
- Always wash before eating, remove the peel with a knife or orange peeler, or if you gently roll the orange between your hands it will loosen the peel and make peeling much easier.
- Valencia oranges are the most widely planted variety of orange worldwide.
- The bigger the navel orange, the sweeter it will be!

*This month's fruit and veggie activity: Find the Types of Oranges and Squash in the word puzzle*

### Recipe Card: Kale, Jicama, and Orange Salad.

Makes 8 servings (3/4 cup per serving)

#### Ingredients:

- 2 large Cara Cara or navel oranges
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh orange juice
- 1/2 teaspoon grated lime rind
- 2 tablespoons fresh lime juice
- 1 teaspoon honey
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 1/2 cups diced ripe avocado
- 6 cups lacinato kale, stemmed and coarsely chopped
- 1 1/2 cups peeled julienne-cut jicama
- 3 tablespoons unsalted toasted pumpkin seeds)

#### Instructions:

1. Peel oranges, and cut crosswise into rounds. Set orange rounds aside.
2. Combine oil, orange juice, and next 5 ingredients (through pepper) in a bowl, stirring with a whisk. Add avocado to juice mixture; toss to coat.
3. Place kale in a large bowl. Massage kale with hands for 2 minutes or until slightly wilted. Add orange rounds, avocado mixture, and jicama; toss. Sprinkle with toasted pumpkin seeds.

Nutrition Facts per Serving: Calories 141, Total Fat 10.9 g, Sat Fat 1.6g, Sodium 188 mg, Total Carb 11g, Dietary Fiber 4 g, Protein 2g, Sugars 5g

Recipe adapted from: <https://www.cookinglight.com/recipes/kale-jicama-orange-salad>

### Serving Size

large orange = 1 cup of fruit serving  
1 cup of cubed, cooked squash =  
1 cup of vegetable serving

1 cup sweet potato

### TIPS

Add sunny brightness to your winter eating with yummy oranges!

Try to incorporate a different orange or winter squash every week for the season!

# Can you Find all the Orange and Squash Words?



I Z O B B R S S I E P N A A H  
T R Y L H F A V A O X I T S C  
T G J O Y L L H M T C H C O R  
E T V O H V E E K N S L T F D  
H S H D O I L V E M E U Y T Q  
G H V O R O T L A M R Q M H C  
A Z J R A K A U E N Z W O A P  
P L U A N V B N N J R U F R O  
S N U N G O T B L R I R V C P  
H R U G E I E N I R E G N A T  
B O P E N H S A U Q S T U X C  
P C D E L I C A T A T N T Z U  
V A R O G Z O Y H V N Z R U F  
Y F N E U T D C Z M G B J S B  
N M T Y D B E T W T O D F M O

ACORN

BLOOD ORANGE

BUTTERNUT

CLEMENTINE

DELICATA

NAVEL

ORANGE

