



Thought Foodness



Featuring
Blood Oranges

WEST VIRGINIA HARVEST™



Did You Know?

Blood Oranges

Where I grow best:

Blood oranges, which come from Asia, grow best in warm weather. Their red inside can be lighter or darker depending on the type of orange, where they're grown, and how ripe they are. They first arrived in America in the 1930s with Italian and Spanish immigrants and are now grown in California, Texas, and Florida. If you live somewhere cooler, you can grow blood oranges in pots and keep them warm by bringing them inside

My Nutritional Superpowers include:

Blood oranges are super healthy! They have fiber, vitamin C, and antioxidants, which help keep your body strong and may support a healthy weight. They can also boost your immune system, and best of all, they taste delicious!

I taste great in meals like:

Blood Orange Salad with Prosciutto, Blood Orange Yogurt Cake, and Blood Orange Salad Dressing!

You can find Blood Oranges at Grocery Stores and Walmart in West Virginia!



WEST VIRGINIA HARVEST™

Recipe Spotlight

Blood Orange Salad Dressing

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. **Combine Ingredients:** In a clean jar or small bowl, add the blood orange juice, olive oil, honey, mustard, salt, and pepper.
2. **Shake or Stir:** If you're using a jar, screw on the lid and shake for about 10 seconds. If you're using a bowl, whisk everything together.
3. **Taste and Adjust:** Try a little spoonful. If it's too sour, add a bit more honey; if it's too sweet, add more salt or pepper.
4. **Serve:** Drizzle over your favorite salad, and enjoy!

What you will need:

- 1/4 cup blood orange juice (fresh-squeezed)
- 1/4 cup olive oil
- 1 teaspoon honey (or maple syrup)
- 1 teaspoon mustard (Dijon or your favorite)
- A pinch of salt and pepper (to taste)

*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe.
Please ask a parent or guardian to assist with cutting fruits or vegetables.




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