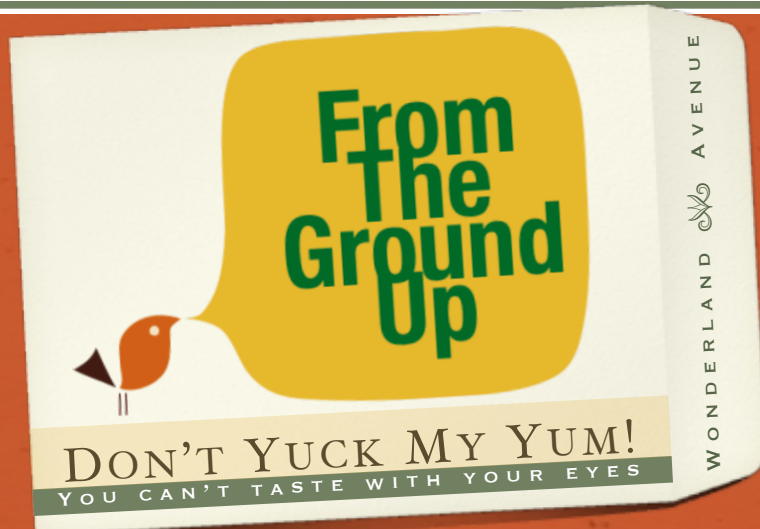


FROM THE GROUND UP

CITRUS



Raising healthy eaters one taste at a time...

HISTORY & NUTRITIONAL INFO

Greetings Coyotes, and welcome back for another delicious month of From The Ground Up! Who loves ya baby? We do! To celebrate the New Year, we have a bloomin' gorgeous recipe that will put the Ahhh in your Whoo! Citrus Fruit Salad is exactly that, a wonderful mélange (that's French for mixture) of four different types of oranges together topped with a tangy glaze of honey and a sprinkling of fresh herbs. I can already feel our tongues dancing with all the incredible flavor, can't you? The recipe is so easy to prepare: simply slice Clementines, Blood oranges, Navel oranges, and/or Tangerines, and you're rockin' and rollin' my friends! The salad is also a visual feast for the eyes with so many sunshine shades of orange.

Oranges originated thousands of years ago in Asia, in the region from southern China to Indonesia from which they spread to India. Sweet oranges were introduced into Europe around the 15th century by various cultural groups including the Moors, and the Portuguese as well

as the Italian traders and explorers who found them on their voyages to Asia and the Middle East.

Spanish explorers are responsible for bringing oranges to Florida in the 16th century, while Spanish missionaries brought them to California in the 18th century, beginning the cultivation of this citrus fruit in the two states widely known for their oranges. Countries that are the largest producers of oranges include the United States, Brazil, Mexico, Spain, China and Israel.

Packed with Vitamin C, Calcium, Vitamin A, Vitamin B-6, Potassium, and Magnesium, our dish today is nutritious as well as delicious; chock full of antioxidants to boost the immune system, which keeps your body healthy and strong. Enjoy Citrus Fruit Salad on it's own or spoon it over cereal, granola, or yogurt for breakfast or a nutritious snack.

See you next time Coyotes!
Ah-Whoo!



Herb Citrus Salad

Ingredients

1/4 cup honey
1/4 cup water
1/4 cup (packed) fresh tarragon, rosemary or lavender, plus more for serving

A variety of citrus such as:

4 blood oranges
4 clementines
2 navel oranges
2 tangerines

1 lemon (zest)

Directions

Combine honey, 1/4 cup herb, and 1/4 cup water in a jar.

Cover and shake until honey is dissolved. Strain herb syrup through a fine-mesh sieve into a clean jar or small bowl; discard tarragon.

Using a sharp knife, remove peel and white pith from blood oranges, clementines, navel oranges, and tangerines; discard. Slice citrus crosswise into 1/4"-thick rounds.

Arrange citrus on a platter, drizzle with herb syrup (if your citrus is sweet, you may not want to use all of the syrup). Top with more herb leaves. Enjoy!

