



Featured fruit for January 2008: Oranges

Health benefits

Orange is Beneficial in the following cases asthma, bronchitis, tuberculosis, pneumonia, rheumatism, prevent kidney stone, helps lower cholesterol, helps prevent diabetes, arthritis, high blood pressure, persons addicted to alcohol have found that the desire for liquor is greatly reduced by drinking of orange juice. Consumption of large quantities of oranges will decrease the outpouring of mucus secretions from the nose.

How to select and store

Select fruits that are unblemished and heavy for their size. Avoid those with cuts, soft spots, or mold.

FEATURED RECIPE: Orangeade

Ingredients:

- 1 cup fresh **lemon** juice (about 6 lemons)
- 3/4 cup sugar
- 4 Cups of freshly squeezed **orange** juice (about 12 oranges)
- Ice Cubes
- Orange** and **lemon** slices for garnish



Directions:

In a large pitcher, combine the lemon Juice and sugar, stirring until sugar dissolves. Stir in the orange juice. Refrigerator until ready to serve. Fill glasses with ice cubes and add orangeade. Garnish with orange and lemon slices. This recipe yields 6 – 8 ounce servings.

Items highlighted in **red** can be purchased at R&R Produce.

For more information

For more information about the **What's For Dinner Tonight?** program, contact Philonda Short at 404-463-2748 or pmsshort@dhr.state.ga.us.

