

DECEMBER

Oranges

I usually try and use locally grown foods for my information sheets, but Christmas always makes me think of oranges. When I was growing up they weren't so readily available and were a special treat. My sister and I usually got some in our stockings. The smell of oranges, cinnamon and cloves brings back fond memories.



For instructions on making these holiday decorations go to:

<http://www.ifood.tv/blog/how-to-make-clove-oranges-decorate-this-festive-season>

For information on the nutritional value of oranges and a simple recipe for fruit salad go to:

http://www.harvestofthemonth.cdph.ca.gov/download/Winter/Oranges/Oranges%20-%20Family%20News_Eng_Final.pdf

I hope everyone has Happy Holidays

