

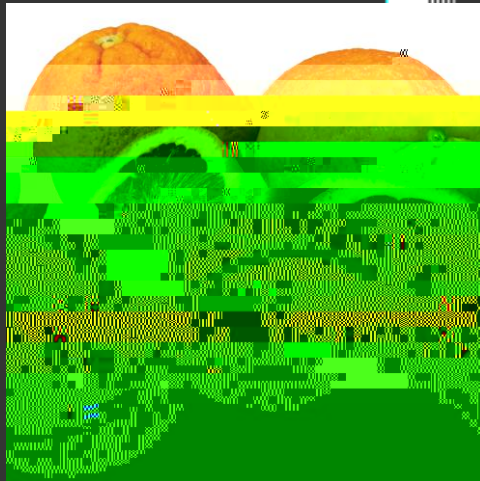
The distinctive red flesh of the blood orange is due to the presence of anthocyanins, a family of pigments that are considered to be powerful antioxidants.

Oranges are an excellent source of immune-boosting vitamin C.

Oranges will last longer when refrigerated.

Oranges are the largest citrus crop in the world. In the United States, oranges are the fourth most popular fruit while orange juice is the most popular juice.

Oranges flavor well with basil, chocolate, cinnamon, ginger, mangoes, pecans, strawberries, and vanilla.



Sources:

1. <https://www.freshfromflorida.com/Divisions-Offices/Food-Nutrition-and-Wellness/LivingOranges/Food>