

- FARM FRESH - Citrus



ALL CITRUS FRUITS ARE RICH IN VITAMIN C – IN FACT, ONE MEDIUM ORANGE OR GRAPEFRUIT PROVIDES 100% OF YOUR DAILY VITAMIN C NEEDS.

FOOD *for* FUEL

HERE ARE SOME OF THE HEALTH BENEFITS OF INCLUDING CITRUS FRUITS IN YOUR DIET:

Strong BONES

Vitamin C, potassium, and magnesium (all found in citrus fruits) play an important role in bone structure, density, and strength.

Radiant SKIN

The vitamin C found in citrus helps protect our body's cells from sun damage, while improving skin elasticity and tone.

Immune System SUPPORT

The vitamin C, flavonoids, and carotenoids found in citrus fruits and juices support healthy immune systems by fighting inflammation and helping produce white blood cells, which are necessary to fight infections.

“I wish kids thought more about where their food comes from. They really don't know the true value of these products—how hard it is to grow, what it takes.”



– Jerry Andrade
Mandarin Farmer | Reedley, CA

Did you know?

California and Florida lead the nation in overall citrus production, but each state has its own specialty. Florida's citrus crop is mostly processed for juice, while California's crop is sold as whole fruit.



According to the Guinness Book of World Records, the fastest time to peel and eat three oranges is 1 minute 7.94 seconds and was achieved by Dinesh Upadhyaya, from India, in 2016.



© 2021 California Foundation for Agriculture in the Classroom



Scan the code with your smartphone to find out more about citrus fruits.