



# Oranges



Oranges are citrus fruits known for their high vitamin C content. There are numerous varieties of oranges including Navel oranges which are seedless and have easy-to-peel skin and Valencia oranges which have a high juice content.

Oranges are grown in subtropical and tropical regions and require a warm climate, plenty of sunlight, and well-drained soil. California, Florida, Texas, and Arizona are the top orange-producing states. Oranges are typically grown from seeds or cuttings in orchards or groves. Orange trees are pruned to help shape the trees, promote fruit production, and manage tree size. Growers may implement pest control measures such as spraying with insecticides or installing pheromone traps.

Most orange varieties are self-pollinating. Bees and other pollinators may visit orange blossoms, aiding in pollination. After pollination, the flowers develop into oranges and take several months to mature.

Oranges are harvested when they reach maturity in the winter months. The fruit is picked by hand using picking poles or using mechanical harvesters. They are sorted, graded, and packed in crates or boxes for storage, transportation, and sale. They may be stored in cold storage facilities to prolong shelf life before being distributed to markets, grocery stores, and processing facilities.

Oranges can be eaten fresh, juiced, used in cooking and baking, added to salads, made into marmalade, preserves, or jams, or used as a flavoring agent.

Low in calories and fat, oranges are a good source of vitamin C, vitamin A, potassium, fiber, and antioxidants. Consuming oranges may help boost the immune system, improve skin health, support heart health, aid digestion, and reduce the risk of chronic diseases such as cancer and diabetes.



[https://youtu.be/PmqI-zeRJqM?  
si=9AOZajY8hT3d6myg](https://youtu.be/PmqI-zeRJqM?si=9AOZajY8hT3d6myg)