



Oranges

This well known citrus fruit has a sweet flavour which is a favourite for many. Best of all, it's commonly seen all year-round.

Mostly known for being rich in vitamin C, it is also punchy with minerals and antioxidant compounds.

Store:

- If at room temperature, it is best to keep out of direct sunlight.
- The shelf-life of oranges are increased when placed in the salad drawer of the fridge
- Ensure that there is still air circulation by using mesh bags: this will also decrease moisture build-up
- Only wash before consumption
- If cut or juiced, it is best to consume right away
- To stop spoilage of apples and bananas, it is best to keep them apart from oranges

Freeze:

- It is possible to freeze whole oranges in freezer bags.
- Make sure to keep the orange dry before freezing.
- This way, you can still use the zest when it is defrosted while maintaining its vibrant colour and taste
- Alternatively, you can zest the orange first, and then place the zest in a freezer bag for later.

Brown Spots

It's what's on the inside that counts, and that rings even more true for oranges. While the outer peel of an orange might be affected by something called russetting, the taste and texture of the orange can be completely unaffected. This means that it can be purely cosmetic. Mold or soft spots are better indicators of spoiling.

Video Links