



# Moro (Blood) Oranges

Moro oranges are available from January through mid April. Moros are small to medium sized with a thin skin

and few or no seeds. Slice open a Moro and you'll see a dramatic and beautiful bright red to deep maroon interior. Take a bite and you'll become a fan of the intense orange taste that hints of fresh raspberry.

*As nights get cooler, the Moro's exterior blush intensifies.*

## Juicy Fact

All oranges contain carotene — that's what makes them orange. Moros get their red color from high concentrations of a pigment called anthocyanin, a powerful antioxidant that neutralizes the effects of free radicals. Free radicals are the agents believed to be responsible for cancer, aging and other health ailments.

## Moro Orange Tips

- Enjoy Moros out of hand or use them for an interesting juice!
- Toss slices into salads, salsas and chutneys.
- The intense flavor of Moro oranges is wonderful with roasted or grilled meat and poultry.

