

SPOTLIGHT ON PRODUCE

WHAT AM I?

Cara Cara Oranges look like a traditional orange on the outside, but are pinkish-red on the inside! They do not have any seeds.

HOW DO I GROW?

Cara Cara Oranges grow on trees and are harvested in the USA from December through April.

NUTRITION FACTS

They are a good source of Vitamin A, which helps keep your organs healthy and Vitamin C, which helps your immune system.

FUN FACT

Cara Cara Oranges are sweet-tart flavor with hints of blackberry, raspberry, and cranberry.

CARA CARA ORANGES

