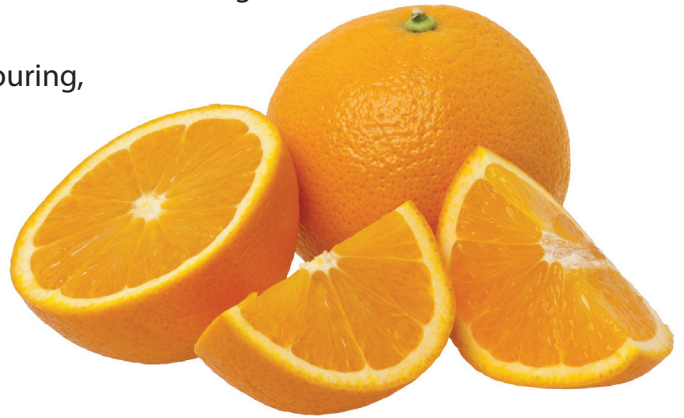


# Navel Oranges & Pink Grapefruit

## Navel Oranges:

- Navel oranges are a sweet, seedless fruit grown in sunny California.
- Ripened on the tree they have the best flavour and maximum amount of vitamins and nutrients.
- Oranges are a great source of vitamin A and C, dietary fibre, thiamine, potassium and calcium.
- Aside from fresh eating and juicing you can also use the navel oranges as an ingredient when making salads or baking.
- You can also use the juice and zest. Great for flavouring, marinades, sauces, and syrups.
- Store in a cool room or fridge for 6-8 weeks.



## Grapefruit:

- Pink grapefruit are sweet, juicy and tree-ripened . . . literally stored on the tree to the peak of perfection.
- Wonderfully tart with a strong dose of sweet, pink grapefruit are best eaten at room temperature for maximum flavour so set them on the counter for eating within a day or two.
- An excellent source of Vitamin A and C, these pink grapefruit at breakfast gives you a great start to your day!

