



March

Oranges

Our access to oranges grown in the U.S. help us get fresh fruit throughout the winter. If you are thinking that you are tired of navel oranges at the end of winter, try something more novel: red oranges. Red oranges go by several different names like blood orange or Morrow orange. Read more about them here:

<http://www.sunkist.com/products/oranges.asp#moro>

Here is a recipe for a sauce to serve with meat or poultry – and it's so easy! Just melt a couple of tablespoons of orange marmalade in the microwave and tumble in one peeled, diced Moro orange. That's it!

Broccoli

Broccoli is versatile; it tastes great raw or cooked. Steaming or sautéing broccoli in a small amount of oil is best for preserving the many nutrients like vitamin C and B vitamins. The least favorable method of cooking broccoli is boiling it in water. Another tasty but less common method of cooking is by roasting. Here is a quick recipe, *Roasted Broccoli with Lemon*:

http://www.eatingwell.com/recipes/broccoli_lemon.html

Find suggestions for choosing and storing raw broccoli here:

http://www.produceoasis.com/Items_folder/Vegetables/Broccoli.html

Grow it Yourself!

Looking for a new way to get your fruits & veggies? Try growing some yourself! This is a great time to dream of and plan for planting. Some vegetables can be planted in North Dakota at the end of April.

Involve your children in planning, too. Learn more about planning and planting a garden with this guide from NDSU:

<http://www.ag.ndsu.edu/pubs/plantsci/hortcrop/h1185.pdf>