



Orange Varieties

Oranges are a refreshing and healthy fruit but many people don't realise that there are hundreds of different types of oranges. Packed with vitamin C and antioxidants, they can't be beat as a quick, energy-filled snack. Many varieties are easy to peel and eat on the go, and they travel well too. They're just as delicious when juiced, or chopped and added into a salad.



Navel Orange

grown in Arizona, California and Florida

Navel oranges are one of the most popular kinds of oranges out there. They are prized for their high vitamin C content, low acid content, and delectable sweetness. They're also easy to peel, loaded with sweet juice and seedless



Blood Orange

grown in Sicily, Spain and some American states

The blood orange stands out from every other type of orange due to its bright red flesh. They are also smaller than navel oranges. Blood oranges have a unique flavour that tastes like oranges mixed with raspberries



Tangerine

grown in Italy, Japan, china and East indies

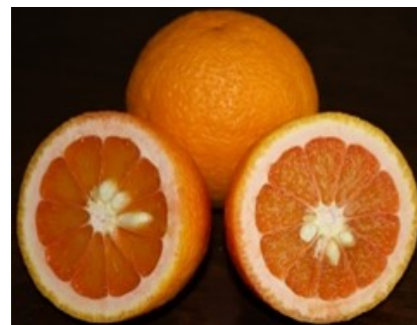
Smaller in size and sweeter than the typical orange, tangerines are also very popular. They have a soft and thin skin, making them easier to peel than a typical navel orange



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This list is not exhaustive as there are many varieties to chose from



Acid-less Orange

grown in
Southern China,
Northeast India

Acid-less oranges have a low acid content, as their name implies. They're also called "sweet" oranges, but they don't really have much flavour



Mandarin

grown in Asia and the
Philippines

Mandarin oranges are smaller than your regular orange. They also have looser skin, a sweeter taste, and less acidity. Usually eaten as snacks because they're easy to peel and practically seedless, but they're also a popular ingredient for desserts



Seville oranges

grown in Spain

Seville oranges are also known as sour oranges. Due to their high acidity, they're not typically peeled to eat as snack, but are used for cooking. Many people use sour oranges to make marmalade, salad dressings, or sauces.



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Bergamot Orange
grown in southern Italy and southern France

Bergamot oranges have a yellow or green colour similar to a lime, but are the size of an orange. They have a intensely bitter and acidic taste and aren't typically eaten. Instead, these oranges are grown primarily for their peel, which is used in perfumes and as a flavour for Earl Grey tea



Clementine
grown in Spain, China, Morocco and California

The peel has a deep orange colour with smooth, glossy appearance. Similar to tangerines, they're pretty easy to peel and are a hit with kids because they're cute and easy to eat. They're typically juicy and sweet, with a low acid content.



Trifoliata Orange
grown in northern China and Korea

Trifoliata oranges are native to northern China and Korea. They're particularly interesting because they're actually a bit downy, or fuzzy. They're tiny oranges, and are used most often to make marmalade



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Cara Cara Navel
Orange grown in
South American

The Cara Cara navel orange, or red-fleshed navel orange, is like a combination of a blood orange and a navel orange. It has a deep red flesh that's sweet and low in acid. It has a complex flavour profile with hints of cherry and blackberry

The next time you pick out some oranges at the supermarket or want to test out a new marmalade recipe, try a new orange variety. It's sure to be delicious. Oranges are an amazing treat. They are packed with tasty slices and all are fresh fruit favourites, including strawberries, grapes, honeydew, and cantaloupe

