



Tuesday, January 12, 2021

Greater Newark Conservancy's Health Tip and Recipe

What's Your Favorite Winter Fruit?

Happy Healthy Tuesday!

One way to mark the passing of time in the summer is by the fruit that is in season – from strawberries in late May/early June, followed by blueberries and raspberries, then peaches, and finally the abundance of apples to usher in the fall. In the New Jersey winter, these fruits are more expensive, and usually do not taste as good because they are traveling from a warmer climate.

So what fruits can we have during the winter? The citrus family is in season now and you'll find your sweetest and juiciest lemons, limes, grapefruit, and oranges over these next few months. While I personally love the sweet and tangy grapefruit, oranges are a popular and convenient snack. Did you know that one medium orange has 140% of our daily value of vitamin C? Vitamin C is good for the bones by producing collagen, and also helps the body absorb iron, which is important in preventing lead absorption in the body. Citrus fruits vary in their nutritional content. For example, half of a red grapefruit has less vitamin C but is a better source of vitamin A. Oranges and grapefruit are both good sources of dietary fiber.

Florida produces the majority of this country's oranges, but Arizona, California, and Texas also grow oranges. In this country, we primarily consume oranges in the form of juice which is not as healthful as eating the whole fruit. Oranges come in sweet and sour varieties; sweet varieties include navel, Valencia, and blood oranges. Navel oranges are easy to peel and seedless.

The best way to choose ripe citrus is not the color of the skin. An orange with green spots may be ripe. Instead, choose oranges that are firm, shiny, and heavy.

Oranges and grapefruit taste good on their own as a snack. I also like to add orange or grapefruit snacks to spinach or kale salads for a refreshing kick. Lemon and lime slices can be added to water for natural flavor.

Wishing you wellness,



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P.S. Join us for our Annual Beds & Breakfast Conference next month! This year we're focusing on the theme "Planting seeds of change: Gardening as a path towards empowerment, justice, and change".



Recipe of the Week

Pan-Roasted Chicken with Orange & Rosemary

Adapted from: <http://www.foodnetwork.com/>

Total time: 45 minutes

Yields: 6 servings

Ingredients:

- 5 tablespoons olive oil
- 6 tablespoons rosemary leaves
- 1 tablespoon kosher salt
- 2 teaspoons red pepper flakes
- 3/4 teaspoon freshly ground black pepper
- 4 pounds chicken thighs and drumsticks (6 of each)
- 1/2 medium orange, cut into 6 very thin slices and slices cut into half-moons
- 1 tablespoon unsalted butter

Directions:

1. Heat oven to 450 degrees F.
2. In a large bowl, mix together 1/4 cup of the oil, rosemary, salt, red pepper flakes, and black pepper. Add chicken pieces and turn to coat well.
3. Slip 1 piece of orange under the skin of each piece.
4. Heat the remaining tablespoon of olive oil and butter in a cast-iron skillet or large frying pan over medium-high heat until butter foams.
5. Working in batches, add 3 or 4 chicken pieces (don't crowd the pan) and brown on both sides until skin is crisp and golden, 2-3 minutes per batch. As the chicken is finished, place in a 13x9 baking dish.
6. Once all chicken has browned, place in the oven to roast until juices run clear when pricked with a knife and meat registers 160-165 degrees F on an instant-read thermometer, about 20-25 minutes. Let rest 5 minutes before serving.

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32 Prince Street
Newark, NJ 07103
(973) 642-4646

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