

Louisiana HARVEST *of the* MONTH



Citrus

Fun Facts About Citrus!

- In tropical climates, citrus skin remains green even when the fruit is mature.
- Citrus leaves can be used to make tea and add flavor to cooked meats, seafood and other dishes.
- One large orange provides more than 100% of the recommended daily intake for vitamin C.

Citrus Is Nutritious and Good for You!

- Excellent source of vitamin C.
- Good source of fiber.
- Good source of folate.



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