

# THANK YOU

Thank you so much for purchasing oranges and grapefruit from Altadena Nursery School. For over 50 years, this sale has helped support our parent participation cooperative. It enables us to provide an exceptional preschool



experience for thousands of children. We appreciate your contribution. Here are some of our favorite citrus recipes. **Enjoy! And thanks again.**

Please make checks payable to Altadena Nursery School.

## Orange Breeze

- 4 C. fresh orange juice
- 1 C. snipped fresh mint
- 1 C. sugar
- 1/2 C. lime juice
- 2 7oz. bottles club soda  
additional sugar, if necessary

Heat 2 cups orange juice just to a boil. Combine mint and sugar and mash with a fork. Pour in hot orange juice. Add remaining orange juice. Chill.

To serve, add club soda. Dip rims of glasses in orange juice and then sugar. Garnish with orange and lemon slices, and cherries on skewer.

## Yucatan Citrus Salad

- 2 large grapefruit (about 2 lbs., total)
- 4 medium oranges (about 2 lbs., total)
- 2 T. fresh cilantro, minced
- 1 T. lime juice
- 1/8 t. ground cinnamon

Cut peel and white membrane from the outside of grapefruit and oranges. Then cut segments free from inner membranes and place in a bowl. Gently stir in cilantro, lime juice and cinnamon. Cover and chill until ready to use (up to overnight). Makes 4 cups; serves 6.

T. = tablespoon	C. = cup	qt. = quart
t. = teaspoon	pt. = pint	lb. = pound

## Maple-Orange-Cinnamon Sundaes

*(borrowed from Working Mother Magazine)*  
This is very easy and is special enough for guests.

- 1 C. maple syrup
- 2 oranges, peeled and sectioned
- 1/4 C. butter
- 2 T. frozen orange juice concentrate
- 1 t. vanilla extract
- 1/2 t. ground cinnamon
- 1 pt. orange sorbet or vanilla ice cream

In small, heavy saucepan over high heat, bring maple syrup to a boil. Reduce heat to low and simmer for 10 mins. Remove from heat; stir in all ingredients (except ice cream), stir until butter melts. Scoop ice cream into dessert dishes. Top with maple-orange sauce. Refrigerate leftover sauce. May be reheated in microwave or over low heat on stovetop.

## Broiled Grapefruit

- 1 grapefruit
- 2 T. softened butter
- 2 T. brown sugar

Halve and section grapefruit, detaching segments and leaving in shells. Spread halves with butter and brown sugar. Sprinkle with nutmeg. Place in preheated broiler, 2" from heat until light brown.

## Your Receipt



Date: \_\_\_\_\_

Purchaser Name: \_\_\_\_\_

Amount Ordered: \_\_\_\_\_

\_\_\_\_\_ Case(s) Oranges

\_\_\_\_\_ Case(s) Grapefruit

Amount Due:  PAID

Amount Tax Deductible

*(20% of total purchase, 100% if cash donation):* \_\_\_\_\_

Your Altadena Nursery School Citrus  
Sale Representative \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

Thank You.

**Altadena Nursery School**

**789 N. Altadena Drive**

**Altadena, CA 91107**

**(626)296-1231**

**Tax ID#: 95-2254514**

**Director: Janet Ann Young**

## Citrus Hints...

- *When cooking with oranges or grapefruit, be sure to first wash and even lightly scrub the fruit.*
- *Experiment in your own recipes with a little orange juice or grated peel - very nice in soups, meat dishes, fruit salads, cakes and cookies*
- *For hot wine punch, add whole orange closely studded with cloves. Let the oranges float decoratively in the punch bowl.*
- *Dry large strips of peel in a very low oven. Add them to kindling when burning a fire in your fireplace. The dried peel burns easily and gives a delightful fragrance.*
- *Navel orange arithmetic:  
2 to 4 medium oranges = 1 C. juice  
2 med. oranges = 1 C. bite-sized pieces  
1 med. orange = 10 to 12 sections  
1 med. orange = 4 t. grated peel*
- *Cartwheel slices are simple to make and look wonderful in a salad, as a garnish, or to top off a favorite dessert. Cut a thin slice from both ends of a peeled or unpeeled orange; then slice the fruit crosswise into desired thickness. Leave slices whole or halve them, depending on usage.*
- *For a fun twist, cut a small slit from the peel to the center of an unpeeled orange slice, then twist each side of the slice in opposite directions. Cartwheel twists are a pretty plate garnish - try doing this with two slices at a time for a double twist.*
- *Navel orange shells are great for individual servings of a dessert, snack or salad. Cut fruit in half crosswise, then carefully ream out the juice, or remove the fruit with a curved grapefruit knife. Scrape the shell clean with the tip of a spoon. You can notch or scallop the edges with a paring knife or kitchen shears.*
- *Juicing navel oranges works best when you squeeze just enough to drink and enjoy right away. Allow fruit to stand at room temperature; it will yield more juice. With the palm of your hand, roll navels on the counter-top a few times to free-up the juice. Don't forget to reserve the shells for serving containers to use another time.*

## Wild Rice with Oranges

- 1 pkg (6 oz.) brown and wild rice mix
- 2 oranges, peeled and sectioned
- 1/3 C. low sodium chicken or beef broth (approx.)
- 1/2 C. sliced red onion
- 1/2 C. each bite-sized strips of red and green bell peppers
- 1 t. fresh grated orange peel
- 1/4 t. dried sage
- 1/8 t. pepper

Prepare rice mix according to package directions, cooking in unsalted water. In a skillet heat a few tablespoons of chicken broth. Saute onion in broth 3 minutes. Add bell peppers and more broth, if necessary. Stir in orange peel, sage and pepper. Saute 3 to 4 minutes more or until vegetables are tender. When rice is done, stir in orange half segments, then onion mixture. Heat through 1 minute more. Serve at once. Makes 5 servings.

## Chicken Breasts with Orange Salsa

- 4 boneless, skinless chicken breast halves
- 2 T. fresh squeezed orange juice
- 2 T. fresh squeezed lemon juice
- 2 cloves garlic, minced
- 1/8 t. pepper
- Fresh Orange Salsa
- Hot cooked rice or pasta

Preheat broiler. Arrange chicken breasts on a lightly oiled broiler pan. In a small bowl, stir together orange and lemon juices, garlic, and pepper. Brush mixture liberally over chicken. Broil chicken about 5 minutes per side, brushing frequently juice mixture, until meat is no longer pink. Serve Fresh Orange Salsa over chicken and cooked rice or pasta. Makes 4 servings.

### FRESH ORANGE SALSA

- 2 navel oranges, peeled, cut into bite-sized pieces
- 1/2 C. chopped red onion
- 2 T. chopped cilantro or parsley
- 2 T. fresh squeezed lemon juice
- 1 to 2 fresh jalapeno chiles, seeded, minced
- 1 garlic clove, minced

Combine all ingredients. Cover; chill at least 30 minutes to allow flavors to blend. Makes 2-1/2 cups salsa.



## Sesame-Broiled Seabass with Oranges

- 4 fresh or frozen, thawed, seabass salmon, shark or other fish fillets
- 1/3 C reduced-sodium soy sauce
- 1 T. minced fresh ginger root
- 2 t. sesame or vegetable oil
- 2 cloves of garlic, minced
- 1/2 C. fresh squeezed orange juice
- 3 navel oranges, peeled, thinly sliced
- 2 t. sesame seeds
- 1 green onions, sliced

Arrange fish fillets in a non-metal dish. In a small bowl stir together soy sauce, ginger root, orange peel, oil and garlic; pour mixture over fish. Cover and chill 30 minutes. Drain fish; reserve marinade for basting sauce. Preheat broiler. Arrange fish fillets on a lightly oiled broiler pan. Broil fish, about 5 minutes per side, basting frequently with the marinade. Meanwhile, in a skillet heat orange juice over medium-high heat. Add orange slices, sesame seed and onion; saute about 1 minute, or until fruit is just heated through. Divide orange mixture among 4 dinner plates; arrange fish fillets over orange slices to serve. Makes 4 servings.

## Orange and Fusilli Pasta Salad

- 4 oz. fusilli, corkscrew, or bow tie pasta
- 2 navel oranges, peeled, separated into segments, halved
- 1 can (15 oz.) garbanzo beans, drained and rinsed
- 1-1/2 C. broccoflower or cauliflower flowerets
- 1 can (2.25 oz.) sliced ripe olives, drained
- 1/3 C. sliced green onion
- Orange Herb Dressing

In a 3-quart saucepan of rapidly boiling water, cook pasta in unsalted water according to package directions; drain. Rinse several times with cool water; drain again. In a large bowl toss together cooled pasta, orange half segments, garbanzo beans, broccoflower, olives and onion. Pour dressing over salad; toss well. Cover and chill at least 1 hour to allow flavors to blend, stirring occasionally. Makes 6 servings.

### ORANGE HERB DRESSING

- 1/4 C. white or red wine vinegar
- Juice of 1 orange (1/4 cup)
- 1 T. vegetable oil
- 1 t. each crushed dried basil and oregano
- 1 clove garlic, minced
- 1/4 t. pepper

In a shaker jar with a lid combine all ingredients. Cover and shake until well blended. Makes about 1/2 cup.