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Nutritious  
Delicious**

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# **CITRUS CATALOG**





# Storage



## 1. Pick well-ripened fruit

Look for fruit with vibrant colors. Greenish color on oranges can indicate under ripened.



## 2. Refrigeration

- Oranges do best at cooler temperatures and go bad quickly at warmer temperatures.
- Place in mesh as opposed to a plastic bag to allow air circulation, slowing down growth of mold.
- If kept in crisper, they should remain fresh for 30 days.
- Place lemons in a sealed ziplock before placing them in the fridge.



## 3. Place on an airy counter top

Keep oranges and grapefruit on a counter at room temp if you intend to consume within a week. Freshness is determined by how hot the area is. Do not cover with anything.

# Hot Tips!

## Pickling

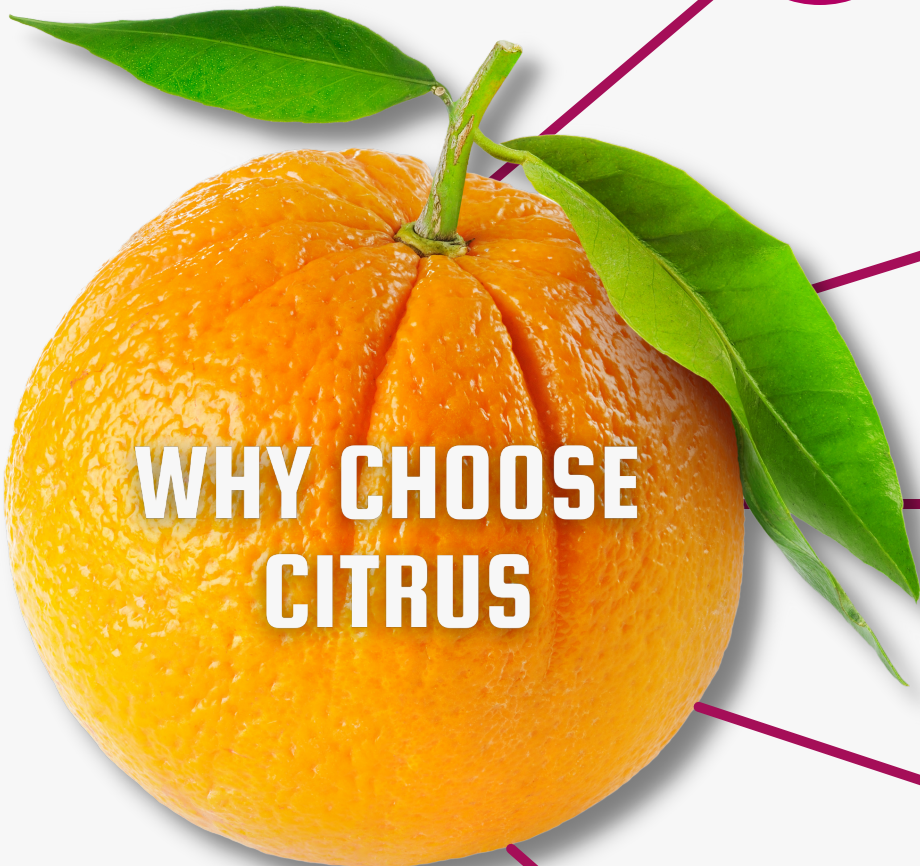
Make incisions on your fruit and place salt on the incisions before putting them in airtight jars. You can then keep your fruit for up to 6 months

Effective for oranges, lemons, and limes!

## Juicing

Squeeze out the juice and freeze it in cubes!





# WHY CHOOSE CITRUS

**1**

## CITRUS ARE NUTRITIOUS

Good source of Vitamin C and fiber

**PREVENTS CANCER**

**2**

## HIGH IN FLAVONOIDS

Promotes heart health

**3**

## LOW GLYCEMIC INDEX

Won't spike blood sugar as much

**4**

## BETTER ABSORPTION OF OTHER NUTRIENTS

**5**

## HYDRATING!



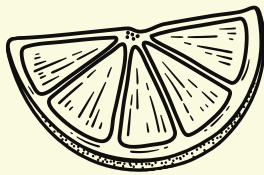


# Cranberry Key Lime Mojito

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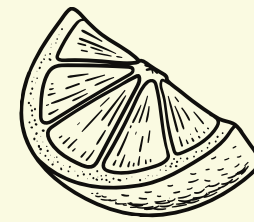
## Ingredients:

4 oz light rum  
4 oz cranberry juice  
3 oz soda water  
3 key limes, juiced  
12 fresh mint leaves  
1 oz simple syrup  
½ cup fresh cranberries  
2 cups ice



## Preparation:

- 1) Place eight mint leaves and lime juice in cocktail shaker. Muddle until mint is well macerated.
- 2) Add rum, cranberry juice, soda water, and simple syrup. Shake until well mixed.
- 3) Divide ice and cranberries between four mojito or cocktail glasses. Pour mixture over ice and garnish with remaining mint leaves.



**Makes 4**



**10 minutes**





# Fig & Blood Orange Mostarda



Serves 8



20 Minutes

## Ingredients:

- 1# Fresh Figs, Stemmed and Small Diced
- 2 Blood Oranges, Juiced
- 1EA Shallot, minced
- 1 TBL Brown Mustard Seeds
- 1 TBL Dijon Mustard
- 1 TBL White Wine Vinegar
- 1 TBL Honey or Agave Syrup
- 1 tsp Kosher Salt



## Preparation:

- 1) Place all ingredients into a small saucepan. Bring to a boil, then lower heat to a light simmer.
- 2) Simmer for 12-15 Minutes, until Figs are soft.
- 3) Chill and serve with your favorite charcuterie.





# Meyer Lemon Quinoa Salad

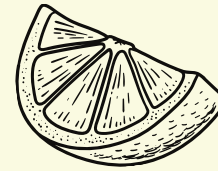
## Ingredients:

- 2 Cups Cooked Quinoa
- 1 Bunch Asparagus, Ends Trimmed and 1" Pieces
- 1 Cup Snap Peas, Shelled
- 2 tsp Baby Dill, Chopped
- ¼ Cup Roasted Walnuts, Chopped
- ¼ Cup Crumbled Goat Cheese
- ¼ Cup Green Onion, Chopped
- 1/2 Cup Extra Virgin Olive Oil, Divided into two
- 2 TBL Meyer Lemon Juice
- 2 tsp Salt, Divided into two



## Preparation:

- 1) Preheat Oven to 400F. While oven is heating, Toss Asparagus in a bowl with ¼ Cup Extra Virgin Olive Oil and 1 tsp Salt. Spread evenly onto a sheet pan. Roast for 10-12 minutes or until vegetables are fork tender. Set aside to cool.
- 2) In a separate bowl, combine Quinoa, Goat Cheese, Green Onions, Walnuts, Meyer Lemon Juice, Dill, and remaining Salt and Olive Oil.
- 3) Once Asparagus is completely cooled, fold into the Quinoa mixture.
- 4) Allow to marinate for 1-2 hours before serving.



Serves 4





































































































































































20 minutes







































































































































































# CITRUS AVAILABILTY

 Available

	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL						
Bergamot																		
Buddha's Hand																		
Cara Cara Orange																		
Dekopon/Shiranui/ Sumo																		
Finger Lime																		
Gold Nuggets																		
Heirloom Orange																		
Key Lime																		
Kumquat																		

# CITRUS AVAILABILTY



























































































 Available

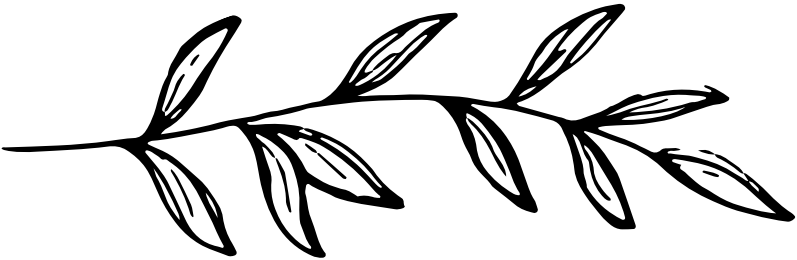
	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL						
MandaRosa																		
Melogold Grapefruit																		
Meyer Lemon																		
Minneola																		
Moro Blood Orange																		
Page Mandarin																		
Raspberry Blood Orange																		
Sanguinelli Blood Orange																		
Satsuma																		



# CITRUS AVAILABILTY

 Available

	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL						
Seville Orange																		
Seedless Lemon																		
Tarocco Blood Orange																		
Valentine Pummelo																		
Yuzu Lemon																		



# Bergamot

26755 | 25#

- Cross between a sour orange and a lemon, this fruit is most prized for its fragrant essential oil that comes from its rind.
- The fruit isn't eaten out of hand, but cooked into marmalades, teas, and used to scent perfumes and soaps.
- The whole fruit can be used- squeeze the juice as a sub for lemons or limes. Use the rind for garnish, drinks, or candies.
- Found in Earl Grey tea



# Buddha's Hand

24992 | 12#

- A member of the citron family, the Buddha hand resembles a lemon with long fingers. While it contains no fruit or pulp, this fruit is especially aromatic. Its rind can be used in drinks, dressings, marinades, etc.
- The insides of this fruit are a bitter, white pith.
- "Buddha's hand" is a translation of the names used for the fruit in Cantonese, Mandarin, Japanese, Korean and Vietnamese languages. It has been long used as an offering at Buddhist temples, particularly the close-fingered varieties, which resemble a hand position for prayer. The fruit symbolizes happiness, a long life, and good fortune.





# Cara Cara Orange

25108 | 72CT

- Red fleshed Navel Orange believed to have been developed as a spontaneous bud mutation on a Washington Navel Orange Tree
- Round to slightly oval shape
- Seedless, sweet, and low in acidity
- Little to no pith and easy to separate from rind
- Domestic item in the winter, offshore in summer
- Peak tasting is late January through February



# Dekopon/ Shiranui/ Sumo

25390 - Dekopan Tangerine 22/25CT

25169 - Sumo Tangerine 25CT

29006 - Sumo Tangerine 28CT

25168 - Sumo Tangerine 33CT

- This fruit is generically called a Shiranui, a Japanese hybrid of a Ponkan Tangerine and a Kiyomi (Kiyomi is a cross between a Trovita and a Satsuma). Dekopon is a Trademarked name for Shiranui. Sumo is another Trademark name for Shiranui held exclusively by Suntreat Citrust
- Seedless, sweet variety of a Mandarin orange, and low in acidity
- Easy to peel and notable protruding bump on top
- Extremely sensitive to wind/hail/weather damage
- Fruit is delicately picked by hand



# Finger Lime

26637 | 61.5OZ

- Small, elongated citrus containing tiny spherical vessels filled with tart juice
- Known as caviar limes, they are a citrus native to Australia but are now grown in North America as well
- Fresh, tart citrus flavor that pairs well with seafood
- Slice the lime in half and then squeeze each half
- Store in cool, dry temperatures and best refrigerated



# Gold Nuggets

28176 | S/L 24#

- Medium size, seedless mandarin with a bumpy orange rind that is easy to peel. It's not the prettiest citrus at the dance but don't let this ugly duckling fool you – this fruit packs a punch of flavor that rivals the Shiranui.
- Flesh is bright orange with a rich and sweet flavor.
- This is a late maturing fruit. Most varieties of mandarins are ready to harvest in late fall and early winter but this fruit really hits it's stride in March.
- Because of their thin, oil-infused peels, nuggets can bruise easily – hand picked and placed in totes instead of large bins to protect them.





# Heirloom Orange

21826 | 72/88CT

- Rootstock is what makes the difference between an Heirloom and regular navel. Rootstock is the base and root portion of a grafted plant. Heirlooms grow best in a sour root stock. But these aren't used commonly anymore because the trees don't produce fruit as heavily or as quickly than in newer stocks.
- Heirlooms taste "the way oranges are supposed to." Sweet and juicy – this variety is everything you want an orange to be.



# Key Lime

21448 | 10/1#

- Picked when green, it is ripe when it turns yellow
- Smaller, seedier, higher acidity, stronger aroma, and thinner rind than the Persian lime. Not commonly found in retail stores
- Juice from the Key Lime is tarter and somewhat more bitter than a Persian- it compliments the sweetness of sugar in desserts and is commonly found in that application



# Kumquat

21318 | 10#  
28657 | 12/8OZ

- Sweet and tart flavor profile with edible rind
- Grape sized citrus meaning "golden orange" in Chinese
- Best eaten whole and unpeeled
- Most common variety sold in US is Nagami (oval shape)  
Meiwa variety is also popular (round and a bit sweeter)
- Look for plump, firm, orange (not green) fruit.
- Refrigerate for up to 2 weeks



# MandaRosa® Mandarin

29095 | 2LYR

- Slightly larger than common Mandarin varieties with a semi-thin, easy peel skin
- Flesh is seedless with a variegated pattern of orange, red, and purple
- Bright, rich, balanced, sweet-tart flavor with tangy notes of berries
- Hybrid variety that crosses a Tarocco Blood Orange and a Clementine
- Italian origin with a short season and considered a special variety





# Melogold Grapefruit

28757 | 14/18CT

- Cross between a Pummelo and Marsh grapefruit. It is a sibling of the Oroblanco grapefruit. Mellow flavor (low acid)= Melo. Deep color of the rind= Gold
- Fruit is large with a yellowish green skin and pale yellowish flesh
- Flavor is sweet and tart with a nearly seedless interior
- Good source of Vitamin C, Fiber, Magnesium, Potassium, Iron, Copper, and Zinc



# Meyer Lemon

24214 | 18/1#

- Cross between a regular (Eureka or Lisbon) lemon and a mandarin orange.
- Smaller and more round than regular lemons with smooth, thin, deep yellow to orange skin and a dark yellow pulp.
- Moderately acidic, they don't have the same tang as regular lemons. They are sweeter – so much so that some folks add raw segments to their salads or desserts.
- Their rinds have a more complex scent than regular lemons – a spicy bergamot fragrance that tastes and smells more like an herb or a spice.



# Minneola Tangerine

22929 | 64CT

- Sweet with a mild tartness
- Juicy with relatively few seeds, if any
- Bright reddish-orange color with easy to peel skin
- Slightly bell shaped with a protruding nose at the stem-end neck
- Hybrid of a Tangerine and Grapefruit- known as a Tangelo (Tangerine + Pummelo)
- Has a relatively short season of maturity



# Moro Blood Orange

24219 | 19#

- An Italian, nearly seedless variety with a distinctive berry-like flavor
- More tart than traditional oranges
- Orange peel is blushed with a burgundy color. Flesh is the most highly-colored of the blood varieties due to the presence of Anthocyanin, the same pigment that colors purple grapes
- Domestic in winter, offshore in summer



# Page Mandarin

26273 | 1/2 BSHL

- Cross between a minneola tangelo and clementine mandarin. It has the juiciness of the minneola and sweetness of the clementine.
- Medium sized fruit that is fairly easy to peel – it does have some seeds though!
- This fruit ripens early compared to its counterparts and has a long hang time.
- It can be hard to tell the difference on all these varieties! The page has a circle indentation at the bottom of most pieces. It is also very round with a darker orange colored skin.
- If you are looking for a juicing mandarin – look no further. The page is where to go for that!



# Raspberry Blood Orange

32102 | 88CT

- Ruby colored flesh with a hint of raspberry flavor. Sweeter than the typical blood orange.
- Kings River established the exclusive rights to the Raspberry Orange brand aimed at focusing on the flavor profile of the orange as well as assisting retailers in their marketing.





# Sanguinelli Blood Orange

21815 | 36/44CT

- Last of the domestic season in blood orange varieties (Moro- Tarocco-Sanguinelli).
- External Red pigmentation of skin makes these attractive at first glance however the rind can be difficult to peel so best to keep as slices.
- Spanish origins with a balance of sweet, tart, and spicy flavors.
- Nearly seedless flesh ranging from a dark burgundy to brown color.



# Satsuma

25006 | S/L

24783 | Bald

30375 | 12/3# Clam

25008 | 8/3#

- Small, honey-sweet, seedless tangerine
- Skin is thin, leathery, and relatively easy to peel compared to other citrus
- Average Satsuma contains 50 calories and provides more than 100% of the daily-recommended amount of Vitamin C. Also high in Calcium, Fiber, Thiamine, and Folate
- 2 options to carry:
  - Stem & Leaf - the leaf of the fruit is still attached by a small stem
  - Bald - the stem and leaf have been removed leaving what we call a "Bald" fruit



# Seville Orange

21834 | 18#

- Bitter/sour variety that grows on evergreen trees.
- Small to medium in size, round with a thick, yellow/orange rind with pebbled texture. The rind contains many oil glands that make the fruit incredible fragrant.
- This white pitch clings to the flesh and is spongy and bitter.
- The Seville is a cooking orange – not to be eaten for immediate consumption. Most commonly used to make marmalade.



# Seedless Lemon

31563 - Seedless Lemon Fancy 95CT

31979 - Seedless Lemon CH 115CT

31364 - Seedless Lemon 24/1#

- Non-GMO verified
- Time saving item for restaurants and consumers- no netting
- Cost saving item- 20% more juice yield than seeded
- PNW exclusive to PCF as a wholesale/distributor
- Not as tart as a seeded- much sweeter
- Wonderful® has exclusive rights to this variety





# Tarocco Blood Orange

29567 | 56CT

21816 | 72CT

- Medium to large in size with a semi-thick, yellow-orange rind that gives no indication of color inside
- Nearly seedless flesh and are the sweetest of all the blood oranges
- Bright balanced flavor with tangy notes of raspberry
- Excellent source of Vitamin C and rich in antioxidants
- Native to Sicily



# Valentine Pummelo

25199 | 23/27CT

- Valentine combines large size and low acidity from its pummelo parents, a complex floral taste from the Dancy mandarin, and juicy red pulp from the Ruby grapefruit.
- Nicknamed the Valentine not only because the fruit matures in mid-Feb near Valentine's day but also because when the fruit is cut length-wise and turned upside down, the flesh resembles a vibrant red heart.
- The fruit is technically mature in late December/early January however the internal pigmentation is minimal. Full color is in February - lending to a far sweeter tasting experience.

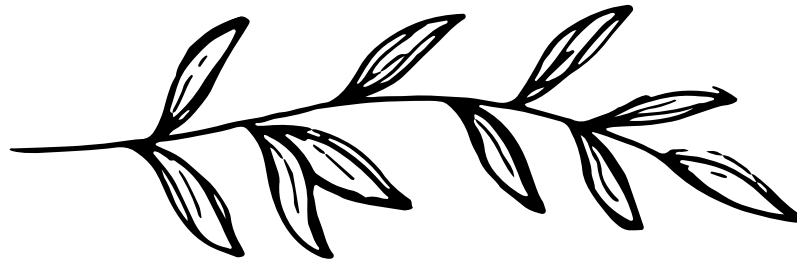




# Yuzu Lemon

25025 - 20#

- Japanese citrus valued for highly aromatic rind, it's one of the few citruses available that is able to maintain it's tart/sourness at high cooking temperatures
- Considered a citron, the juice is very minimal and thus expensive. 1-2 tsp of juice per yuzu due to thick rind and large seeds
- Sour, tart, fragrant, slightly smaller than a billiard ball
- Isn't eaten straight but used as a souring agent through use of it's juice and zest
- Found most often in Japanese cuisine





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