



The Valencia-Season has started!
Spring breaks through and oranges are on the way...

Spring is coming ...

Since March has begun, spring and summer can't be far away... everything in nature starts to blossom and sun rays visit us more frequently. This puts us in a good mood, we plan trips or just relax for a moment in the sunshine. But this picturesque spring idyll can be destroyed by all these awful contagious viruses, which are making their round especially in spring time... A strengthened immune system is therefore essential to prevent a nasty cold. Enough sleep, regular physical activity and a well-balanced diet are known to keep our immune system fit. In terms of a healthy diet, oranges, with their high vitamin C content, are an ideal choice for our struggle against the viruses. Already two oranges every day give us all the vitamin C our body needs!

But aren't oranges off season in spring?

Although oranges are among the most popular fruit during winter, they aren't available only during the cold season of the year. Around the globe there are approximately 400 different varieties of oranges, each of these having its own ripening period. In the Mediterranean region early varieties are harvested in autumn and December. Other varieties are harvested from December to March and late varieties during spring and the whole summer. This means that oranges are available all year round!

However, orange trees are not resistant to frost, which is the reason why they aren't cultivated in northern Europe. The evergreen tree has its historical roots in Asia. Today it is cultivated mainly in the sunny Mediterranean region. Other important cultivation areas are Brazil, South Africa and parts of the US.

During autumn and winter Navel oranges are mainly available. They belong to the sweet orange varieties and got their name because of the protuberance at their end, which looks like a human navel. Navel oranges are of comparatively big size and don't have many seeds. Thus, they are ideal for eating. Popular Navel orange varieties are called Navelina, Navel and Navel Late.

Valencia oranges... spring and summer are on their way!

When spring breaks through, Valencia oranges are making their way to the markets. Valencia is the most important commercial variety in the world. As the Navel oranges, Valencia oranges also belong to the sweet orange varieties. They are middle sized with a thin peel and more seeds than the Navel oranges. Their sweet and aromatic

flesh is very juicy, which makes them perfect juice oranges. The tree of the Valencia variety blooms in spring and bears the first fruit during summer. Oranges are let maturing on the tree for about seven to ten months before being harvested in the next spring or summer. Due to this long ripening period, Valencia oranges are very sweet and available through spring and summer.

We wish you a good start into spring with our sun-ripened and refreshing juicy Valencia oranges!

