

FRESH
IN SEASON



BLOOD ORANGES

Blood oranges are named for their deep red flesh. The red color is due to anthocyanin, an antioxidant that is found in many red fruits and vegetables including berries and red potatoes.

HOW TO SELECT

Choose blood oranges heavy for size without soft spots.

HOW TO STORE

Store at room temperature for up to 1 week or refrigerate for up to 3 weeks.

HEALTH BENEFITS

Fat free, cholesterol free, sodium free, an excellent source of Vitamin C.



Indianapolis
Fruit Distributors of Fruits
Vegetables & Floral

Fight the Flu Season with Citrus!