

All About Mangoes

Oranges are one of the most widely consumed fruits in the world, prized for their refreshing taste and high vitamin C content.

They belong to the citrus genus *Citrus* and are believed to have originated in Southeast Asia.

Oranges come in many varieties including Navel, Valencia, Blood Orange, and Mandarin. Each has a unique flavor profile and use.

While some are ideal for juicing, others are better enjoyed fresh.

Packed with nutrients, oranges are a great source of fiber, antioxidants, and vitamins A and B-complex in addition to vitamin C.

They support immune health, skin vitality, and heart function.

Oranges hold cultural significance in many regions. In Chinese culture, they symbolize luck and prosperity, especially during the Lunar New Year.

Juicy, vibrant, and versatile, oranges are enjoyed fresh, as juice, in desserts, salads, and savory dishes around the world.