



Health Benefits: Step into a world of vibrant flavor and unparalleled nutrition with the marvelous health benefits of blood oranges! Bursting with a deep crimson hue, these citrus delights are rich in anthocyanins, potent antioxidants that bolster your immune system and combat free radicals. Packed with vitamin C, blood oranges promote radiant skin and boost collagen production, enhancing your natural glow. The high levels of potassium found in these succulent fruits support heart health and regulate blood pressure. Furthermore, their natural sweetness comes with a low glycemic index, making them a smart choice for maintaining steady energy levels and supporting weight management. Savor the unique taste and reap the rewards of blood oranges, a delicious way to nurture your body from the inside out!

Selection & Storage: When choosing these exquisite citrus gems, look for fruits that are firm and heavy for their size, indicating juiciness and ripeness. The skin should boast a rich, reddish hue, with a hint of deep purple, showcasing the unique anthocyanin pigments that give these oranges their name. Avoid overly soft or blemished fruits. Once you've handpicked your prized blood oranges, store them in a cool, well-ventilated place, or refrigerate them in the crisper drawer to extend their freshness. Properly stored blood oranges can stay delicious and juicy for up to two weeks, allowing you to relish their tangy-sweet flavor in a variety of dishes or enjoy a refreshing glass of freshly squeezed juice.

RECIPE OF THE MONTH: Cajun Fish Tacos with Blood Orange Slaw

INGREDIENTS:

- 1 1/2 lbs wild caught cod
- 2 tablespoons grapeseed oil
- 1 teaspoon dried Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon smoked paprika
- 1 or 2 avocado, thinly sliced (optional)
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon cayenne pepper
- 2 cups shredded napa cabbage
- 1 blood orange, peeled & chopped
- 4 radishes, thinly sliced
- 1/4 cup cilantro
- 1 lime, juiced
- Corn tortillas

DIRECTIONS:

- Preheat the broiler in your oven to HIGH and set the oven rack about 6 inches below it (if applicable).
- Place the cod on a baking sheet and brush it with grapeseed oil. In a bowl, stir together the paprika, Italian seasoning, salt, pepper, garlic powder, onion powder, pepper flakes, and cayenne. Sprinkle it evenly over the top of the cod and press gently so it adheres.
- Broil the cod for 6-8 minutes, or until just opaque and flakey with a fork.
- While the fish is cooking, toss together the cabbage, blood orange, cilantro, salt and pepper with the lime juice.
- To assemble the tacos, add a few forkfuls of fish to the tortilla, top with the slaw, a slice or 2 of avocado and some radish slices. Optional to serve with lime wedges and tortilla chips, Enjoy!

