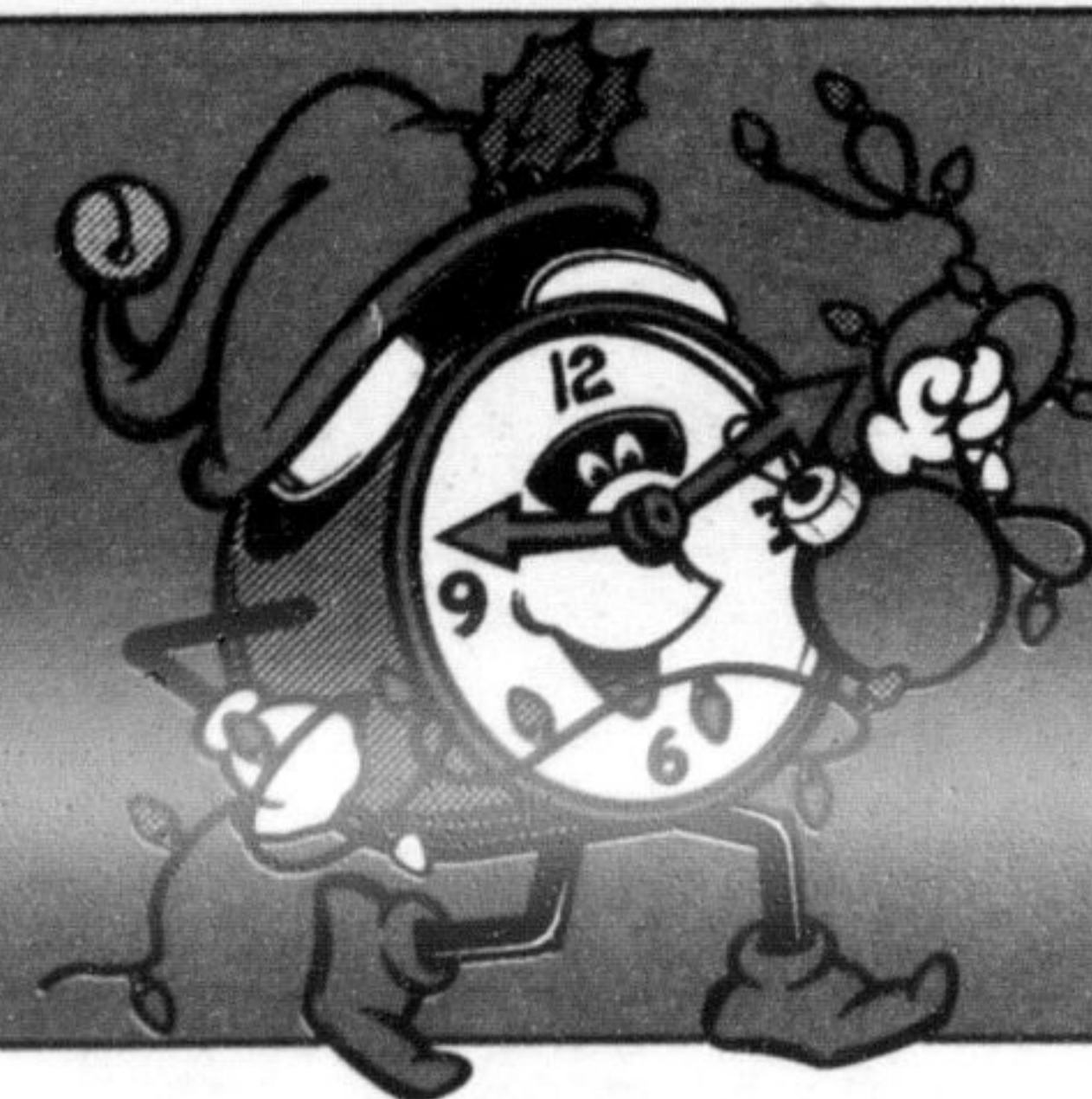


Last Minute Gifts



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A Fresh Citrus Basket Makes the Ideal Gift

Gift giving during the holiday season is a centuries-old tradition, with many legends about how it all began. In some stories, fresh oranges were the prized gift. Today, bright golden oranges and other fresh citrus fruits still are a welcome gift — any time of the year, but especially at holiday time.

From tangerines to Moros ("blood oranges") to pummelos to lemons to grapefruit, all are

beautiful and ideal for gift giving, holiday cooking and baking recipes, but most important, they are nutritious. A single orange, for example, is packed with vitamin C, folic acid (helps prevent birth defects and heart disease), dietary fiber (helps prevent some types of cancer) and calcium (builds stronger bones).

This holiday season, give the gift of citrus. The following are a few varieties that are sure to make any gift basket appetizing, along with delicious citrus-inspired recipes, courtesy of Sunkist Growers Inc.

• Navel oranges — With their rich tradition in gift giving, the Western-grown navel oranges are a must for any holiday fruit bas-

ket. Navel oranges are sweet and flavorful for the holiday season.

• Moro oranges — Moro oranges, the best-known variety of the "blood orange," are wonderful for gift baskets. Their orange exteriors are laced with a beautiful, red blush, and the interiors are deep red. Moros have an intense and appealing flavor. They can turn an ordinary salad or beverage into a festive holiday celebration.

• Lemons — The most versatile of fruit, lemons can be used on everything from appetizers to salads to luscious holiday desserts. When you set your holiday table, remember to place a lemon slice in each water glass for better flavor and eye appeal. If you have plans to

roast a chicken or turkey, tucking one or two lemons in the cavity of the bird will help keep it moist, and give it a subtle flavor as well.

• Grapefruits — Eating quality always is good for grapefruits throughout the holiday season. There are a lot of ways to enjoy the refreshing flavor of grapefruit besides a cut half with breakfast. Be sure to include it in fruit salads or on a bed of mixed greens. Fresh grapefruit is a nutritional bargain — high in fiber, virtually no fat and plenty of vitamin C.

For more information or to request citrus recipes, call Sunkist at 1-800-CITRUS-5 (1-800-248-7875).

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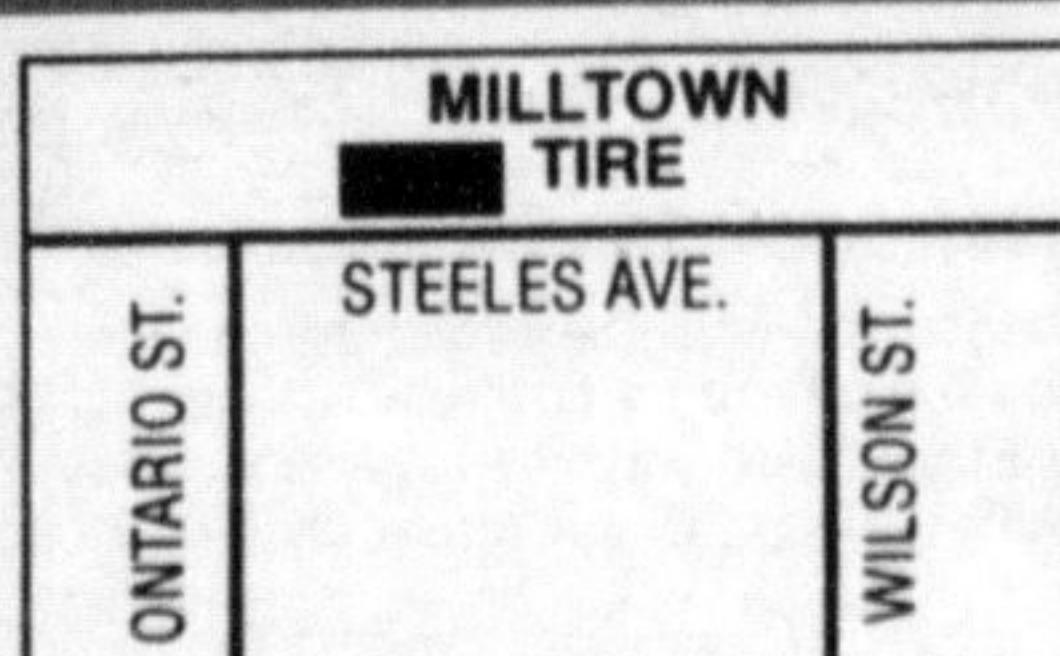
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