

Florida Citrus Facts

The citrus industry developed from 16th-century Spanish introductions of sour orange, sweet orange, lemon, lime and citron from either seeds or seedlings (plants started from seeds). Many wild citrus groves originated from these plantings.

Citrus was spread further by Indians and pioneers who settled the hammocks, rivers, and lakes of north Florida and the eastern Florida seaboard. These wild plantings were cultivated on a limited scale. Improvements in transportation stimulated the demand for citrus which resulted in growers improving production and increasing yields.

In the 1830's, citrus trees were first grafted or budded on sour orange rootstock in order to raise citrus for the commercial, fresh market. Budding allowed growers to readily propagate and increase their better-producing trees. Thus, encouraging interest in additional rootstocks. Budding soon became the accepted practice in citrus nurseries.



To grow your own tree from seed, plant seed from a Mexican or Key lime, which should bear fruit within two or three years. Or Orlando tangelo or Dancy tangerine, will bear fruit within four to six years.

Even though you can grow citrus from seeds, budding is the preferred method.

What is Extension?

Extension is a partnership between state, federal, and county governments to provide scientific knowledge and expertise to the public. The University of Florida (UF), together with Florida A & M University (FAMU), administers the Florida Cooperative Extension Service.

Our Mission

The University of Florida's Institute of Food and Agricultural Sciences (UF/IFAS) is a federal, state, and county partnership dedicated to developing knowledge in agriculture, human and natural resources, and the life sciences and to making that knowledge accessible to sustain and enhance the quality of human life.



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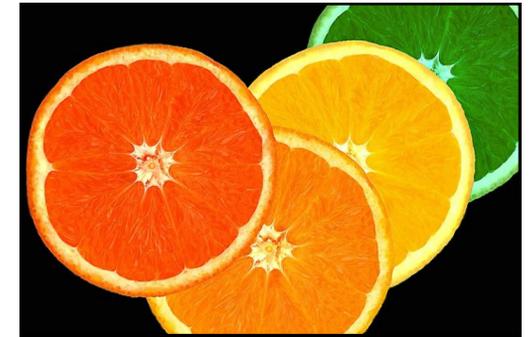
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CITRUS
FLORIDA'S GOLD



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Household Uses ... Citrus Cleaners

Today, a growing number of commercial non-toxic cleaning products available. For many of your home cleaning chores you can make your own cleaning products using citrus as a base. Here are a few suggestions to get you started.

Homemade Citrus Household Cleaner: Fill wide mouth jar with citrus peels(orange, lemon, limes, grapefruit). Cover peels with white vinegar and let brew for four weeks. Shake or stir occasionally. Strain before using. Add to laundry as a detergent booster, dilute with water(½ cup per gallon of water)



for most other uses. Spray undiluted for grease buster on stovetops.

Furniture Polish: Mix ½cup of lemon juice and 1 cup olive oil and apply a small amount to a soft cloth. Use wide strokes to distribute evenly. Leaves wood with a high sheen and the lemon juice is a natural antibacterial agent.

In-sink Garbage Disposal Freshener: Grind up any type of citrus peel in the unit to freshen your garbage disposal. The scent of citrus will fill the air.

Natural Moth Deterrent: Dried lemon peels tossed into the clothes chests or tied in cheesecloth and hung in the closet.

Toilet Bowl Cleaner: Mixture of 2 parts borax and 1 part lemon juice. Scrub with brush and rinse.

Cutting Board Cleaner

Rub a slice of lemon across the surface to disinfect.

Window Cleaner: Mix equal parts of lemon juice with water in a spray bottle. Leaves windows clean and streak free.



Citrus Dream Milkshake

Yield 4 Servings

- ½ ounce natural sugar
- 4 ounces Florida grapefruit juice
- 4 ounces Florida orange juice
- 2 drops natural vanilla extract
- 4 ounces low-fat milk

Pour the orange juice, grapefruit juice, milk, sugar and vanilla extract into a blender with 4 cups ice. Blend until smooth. Pour into glasses and serve with a straw. Garnish with sliced fruit.

Grapefruit Spritzer

Yield 4 Servings

- 1 ½ cups Florida grapefruit juice
- ¼ cup natural sugar
- 1 (2-inch) cinnamon stick
- Ice cubes
- 2 (12-ounce) cans ginger ale, chilled
- Your favorite Florida white wine, optional



In a saucepan combine grapefruit juice, sugar and cinnamon. Bring to a boil; reduce heat. Simmer uncovered for 5 minutes. Discard cinnamon, cool and cover mixture.

To serve, fill 4 (8-ounce) glasses with ice. Add about 1/3 cup grapefruit syrup to each glass. Fill glasses with ginger ale. Stir gently and garnish with Florida grapefruit peel curls, fresh edible flowers, or fresh mint sprigs. Add your favorite Florida white wine, if desired.

Citrus Nutrition

Fresh Florida citrus provide a variety of vitamins and minerals, plus is:

- * Fat free
- * Saturated fat free
- * Sodium free
- * Cholesterol free
- * Free from *added* sugars

Benefits of Vitamin C

- * A powerful antioxidant
- * Supports a healthy immune system
- * Essential for production of collagen, a protein that gives structure to bones, cartilage, muscle and blood vessels, helps support tissue repair, wound and bone healing, and healthy skin.
- * Helps absorption of iron
- * Naturally contain a wide array of phytonutrients; some are known as flavonoids. Flavonoids have been reported to have anti-oxidant, anti-allergic, anti-inflammatory, anti-viral, and anti-carcinogenic affects which may help protect against various diseases and conditions.

One medium orange provides:

- ⇒ 80 calories
- ⇒ 3 grams fiber
- ⇒ 7% daily value for Potassium
- ⇒ 130% daily value for Vitamin C
- ⇒ 10% daily value for folic acid
- ⇒ 6% daily value for Calcium



One-half a medium Grapefruit (without sugar added) has 60 calories. The red or pink varieties provide 35% of daily value of Vitamin A.