



## Marian Farms' Washington Navels

**Marian Farms** is a diversified, Demeter-certified Biodynamic horticultural enterprise located in the central San Joaquin Valley of California. Family owned and operated since 1990, Marian Farms is committed to creating an ecological farming system while working with the dynamic spiritual and life forces in nature and the cosmos. Their agricultural and business endeavors work towards healing the earth and the community.

**Washington navel** is the classic California navel orange. It is the gold standard when it comes to California citrus. It peels when fully mature, is bright orange and the flesh is rich flavored and sweet. It is seedless, easy to peel and separates into segments. It has a good balance of sugar and acidity.

**The Washington navel is truly one of the best for fresh eating!**

**What makes Marian Farms' oranges unique?** Marian Farms has successfully differentiated their oranges by using **biodynamic agricultural practices** and by hand picking their oranges to perfection. Marian Farms takes care to harvest them when they are at their sweetest, and ensures that the customer will receive great tasting oranges. Marian Farms' oranges are also unique in that they are not treated with gibberellic acid as most oranges are in both the organic and conventional markets. *Giberellic acid-3 is a commercially produced plant growth regulator (i.e. growth hormone) which is sprayed on oranges to extend their tree and shelf life.* Marian Farms believes that oranges should be eaten in their naturally delicious state, as they were when they were introduced to California in the 1870's.

**Pack:** 30 lb case.

**Seasonal Availability:** January thru March

### Serving Suggestions:

- ∞ For the best nutritional value and taste, juice only enough navel oranges to drink and enjoy right away!
- ∞ Oranges are healthy and fun kid foods. They are great as snacks and in lunches; they pack and travel well. Peel the orange, then gently separate the fruit along the natural divisions.
- ∞ Try this guilt-free treat: cut navel orange segments into low- or nonfat chocolate yogurt.
- ∞ Toss some navel orange sections on your favorite green salad, cereal, pancakes or waffles.

