

AUSTRALIAN

CARA CARA ORANGES

fresh
produce
new zealand



The Cara Cara Orange is a medium-sized navel with a shiny, textured rind that resembles a regular navel, however that is where the similarities end.

The flesh of a Cara Cara Orange is seedless with a distinctive pinkish red colour. Low in acid, they are deliciously sweet, with a berry-like flavour, evoking notes of raspberries, blackberries, and cherries.

Given their complex citrus flavour and unique balance of sweetness and acidity, they can be used in a variety of sweet and savoury recipes, beverages or scrumptious simply eaten fresh out of the hand.

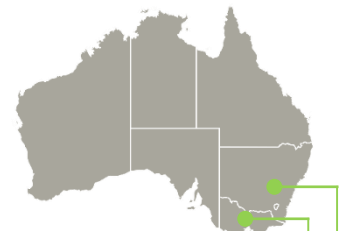
AVAILABILITY

JAN FEB MAR APR MAY JUN **JUL** AUG SEP OCT NOV DEC

PACK	PALLET	COUNT	GRADE	PLU#
18kg (40lb) box	63 per pallet	56 64 72 88	Composite Grade	#3110

Compared to other orange varieties, Cara Cara Oranges contain the highest level of nutrients, helping you to meet your daily needs for several vitamins and minerals. They are a good source of vitamin A, vitamin C, fibre, potassium, folate and the powerful antioxidant known as lycopene, which help gives them their gorgeous hue.

Regular consumption of lycopene has been linked to a lower risk of heart disease, prostate cancer and macular degeneration.



GROWING REGIONS
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