January Herb of the Month: Sweet Orange



Citrus sinensis, is called sweet orange to distinguish it from that of the *Citrus aurantium*, the bitter orange. The word orange derives from the Sanskrit word for **orange tree**. The sweet (and sometimes tart) juicy fruit is renowned for its concentration of vitamin C. Oranges make the perfect snack and are one of the most popular fruits in the world.



Supreme Orange Cake

Ingredients
3 large eggs
1 1/4 cups sugar
1 cup milk
1/2 cup olive oil
Zest of 1 orange, minced
1 3/4 cups flour, sifted
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

Syrup:
1 orange
1 1/2 cups orange juice
1 cup sugar

Directions
Preheat an oven to 400 degrees F. Butter an 8-inch cake pan with 2-inch sides, then dust with sugar and flour.
Beat the eggs with the sugar to pale yellow ribbons. Beat in the milk, oil and orange zest. In a small bowl, sift the flour with the baking powder, baking soda, and salt. Add the flour mixture to the egg mixture a tablespoon at a time, stirring well after each addition.
Pour batter into prepared cake pan and bake for 45 to 55 minutes or until middle of cake springs back when lightly touched. Remove cake from oven, let cool slightly on a rack, then invert and cool completely.

Prepare the syrup
Use a sharp paring knife to cut the orange rind off the orange used for zest and the remaining orange, leaving the bitter white pith on the orange. Cut the skin into very thin strips and reserve. Cut away and discard the white, remove the orange and put aside.
In a large saucepan, combine the orange juice, sugar and thin orange strips. Bring to a simmer and cook for 30 minutes, or until a thick syrup. Strain the syrup and put aside the orange strips, along with 1/2 cup of the syrup. Use a toothpick to poke holes in the top of the cake, then pour the warm strained syrup all over the cake so that it soaks through.

Place the remaining 1/2 cup syrup in a small saucepan, bring to a simmer and reduce to a few tablespoons. Use a spatula to spread the thick glaze over the top of the cake. Place cake on a serving platter, and arrange the reserved orange strips and remaining orange on top of the cake.



Bright and Sunny Orange Drinks

Whether it is the cold/winter season or the warm/summer time, these bright and refreshing orange inspired drinks with bust a cold or flu, bring about joy and conversation and cool and enlighten anytime, anywhere!

Sparkling Orange Kick
1 part orange juice
1 part tonic water
ice
Add ice. Tastes remarkably like a screwdriver.

Spacy Orange Tang
1 cup orange juice
1 cup cranberry juice
Place all ingredients in a blender jar, cover, and crush on medium speed until well blended.

Orange/Lemon Zinger
2 cups lemon juice
6 cups orange juice
Stir juices together in a mixing glass, strain into a large cocktail glass and serve.

Orange "Rocky" Recipe
10 cups orange juice
1 egg yolk
1 tbsp honey
Combine ingredients in a blender, and serve into glasses.

Bright Orange Smile
1 egg
2 - 2 1/2 oz freshly squeezed orange juice
1 tbsp grenadine syrup
Combine the juice of one large orange with the egg and grenadine. Shake with ice, strain into a glass and serve.

Orange (non-alcohol) Cocktail
3 cup lemon juice
10 cup orange juice

Pour lemon juice and orange juice into a large tumbler over one ice cube. Stir well. Serve with sugar and cold water on the side, a drinking straw, and a spoon.



Orange Citrus Bath Salts

Orange Citrus Bath Salt are made by infusing sweet orange essential oil into sea salt. Add options like dried orange peel, lemon essential oil or a hint of mint for an amazing, multi-purpose beauty regime for bath, body and soul!

2 cups of rock salt, sea salt or Himalayan Salt
30 drops Sweet Orange essential oil
Zest of orange or tiny dried orange peel
(optional) 20 drops of Lemon essential oil
(optional) Peppermint leaves

Blend all ingredients together and place in a glass jar, seal tight.
Use in bath water, as a facial scrub or place in a small sachet and place in drawers



Angel's Mist Sweet Orange Essential Oil is used in aromatherapy for stimulating lymphatic circulation, improving immunity, fighting infection, reducing inflammation, relieving muscle spasm, and easing digestive disorders. Cools fever and warms chills, calms nerves, and diminishes depression. It helps stimulate conversation in a room full of people.

Orange:
Botanical name: citrus sinensis (sweet)
Use: stimulates lymphatic circulation, improves immunity, fights infection, reduces inflammation, relieves muscle spasm, eases digestive disorders. Cools fever and warms chills, calms nerves, diminishes depression.
Perfume Note: Top
Blends well with: Cypress, Geranium, Fennel, Coriander, Patchouli
Source: Either whole orange, or peel
Production method: Either cold expressing, or steam distillation
Aromatherapy benefits: refreshing, radiance, uplifting
Aroma type: sweet, or bitter, citrus
Warning: may irritate skin, promote photosensitivity
Safety Information: Avoid going in the sun while using this oil

Your Psychological Aspects in Orange

While you may not exhibit all the character traits for a personality color orange as listed below, if orange is your favorite color you will find yourself somewhere in the description. You may also find you exhibit some of the negative traits, particularly when you are stressed. Having a personality color orange means you are warm, optimistic, extroverted and often flamboyant. You are friendly, good-natured and a generally agreeable person.

•You are assertive and determined rather than aggressive - having a personality color orange means you are more light-hearted and less intense than those who love red.

•You thrive on human social contact and social gatherings, bringing all types together.

•As a personality color orange you enjoy partying and socializing and planning all types of social events - orange people are the life of the party, the uninhibited performer! You are often the loud talker in a group.

•While you are charming and sociable you do tend to be a show-off.

•You get great satisfaction from helping others and they find you inspiring with your vitality and positive energy.

•You are tolerant and accepting of others just the way they are.

•You are a people person, motivated by what others may or may not think and always trying to keep up with the Jones'. You need people around you - being alone for too long makes you depressed and you then allow negativity to engulf you.

•You are a free spirit who doesn't like to be tied down - you are not always loyal in your relationships and find it difficult to commit. You live your life based on your 'gut reactions'.

•You are an adventurer - you love the outdoor life, camping, climbing mountains and indulging in adventurous sports such as sky diving and hang gliding. You are the daredevil, always looking towards your next challenge, your next great adventure.

•You enjoy being physically active, particularly in the outdoors, whether it's simply going for a walk, or competing in high level sporting competitions.

•You are full of life, always on the go, determined and competitive, always looking for new challenges - and this can lead to restlessness and impatience with others who do not have this need.

•Lovers of orange like to take risks in many areas of their life, particularly in the physical areas. They prefer to explore their outer world rather than their inner world.

•You may be lousy at housekeeping as it is not that important to you - you love having fun too much and don't like the mundane - a little dust on the mantelpiece is not that important to you. However you love to cook.

•You move on easily from life's setbacks. Patience is not one of your virtues and you can be quite forceful and domineering over others when under stress. You can be indecisive, inconsistent and unpredictable. You may be an unkind practical joker. When operating from a negative perspective, a personality color orange can become aloof, egotistical, self-centered and uncaring. When feeling fearful, orange lovers feel it in their abdomen, as though it is tied in knots.



http://www.onegoodthingbyjillee.com/2013/03/what-to-do-when-life-gives-you-lots-of-oranges.html

We all know that oranges are packed with Vitamin C but can you think of 32 different ways to benefit from this amazing fruit? Check out Jilly's curated list of lots of cool stuff to do with oranges.

Yesterday we received an unexpected delivery. A 20 pound box full of California Navel oranges! I had completely forgotten that I'd ordered them from a young man in our neighborhood who was selling them for his swim team fundraiser.

I was very excited because I LOVE oranges!!! But even *I* can't eat 20 pounds worth! At least not before they eventually start to grow fuzzy stuff on them! My first thought was to give them to neighbors, friends, etc…which I still plan on doing…but then my 17 year old son Kell said, "You should do a blog post on oranges Mom." duh! lol! Why didn't *I* think of that? :-)
At first I figured all I'd find in my research was How To Make A Pomander…or How To Make Orange Marmalade (both of which are great ideas!)…but I actually found SO much more! Stuff that had me thinking…"Wow! I'm going to TRY that!"…so I knew I was on to something. :-)

Orange Peel Kindling

Due to the high content of flammable oil in orange peel, dried peel makes a great firestarter or kindling.

Stove Top Potpourri

Cut up peels. In a saucepan add peels, 1 cinnamon stick, a few cloves and fill to the top with water. Simmer for a nice simmering potpourri.

Face and Body Exfoliator

Dry orange peels in the sun or in the oven. Process then in the food processor or coffee grinder and mix with chickpea flour for a natural exfoliating cleanser that can be used on face and body.

Hair Rinse

Soak orange peels in Apple Cider Vinegar and use as a hair rinse!

Keep Cats Off Your Grass

Make a mixture of orange peels and coffee grounds and distribute it around the cats' "old haunts." If the problem persists, put down a second batch and moisten it with water.

Mosquito Repellent

Rub fresh orange or lemon peels over your exposed skin to keep mosquitoes away. It's said that mosquitoes and gnats are totally repulsed by either scent.

Get Rid Of Ants

In a blender, make a smooth puree of a few orange peels in 1 cup warm water. Slowly pour the solution over and into ant hills. Also use it in your garden, on your patio, and along the foundation of your home.

Scrubber For Cast Iron Pans

Half an orange with some coffee grounds poured into it makes a great scrubber for a cast iron pan! The peel helps to protect your hand from the coffee grounds (which are an excellent abrasive), as well as adding citrus cleaning power. Then just toss it in the compost.

Garbage Disposal Refresher

Keep them in a jar or bowl under your sink. After they dry, periodically put them down the garbage disposal – helps clean blades & smells lovely.

Migraine Soother

Boil the orange peels and let steep for 10 minutes. Drink as a tea to get rid of migraines.

Clean Your Microwave

Place orange peels in a bowl of water and microwave for about five minutes. Then wipe the microwave clean with a sponge.

Clean Your Cutting Board

Rub the empty peel across your cutting board to deodorize. Do the same in your sink.

Citrus Vinegar

Same as my Lemon Vinegar…but with an orange twist!

Clean Your Pans & Tea Kettle

Boil the rinds in your tea kettle or a pan that has burnt on stuff stuck to it. Let it sit for an hour or more to really soak in, and watch all the grime come right off!

Of course…**EAT THEM**. :-)

JUICE them. You can drink the juice right then (it will keep just fine in the refrigerator for a few days) or freeze it for later!

orange peels

PEEL, SEGMENT, AND FREEZE them. Frozen orange slices taste wonderful partially thawed in fruit salad with yogurt or slipped under chicken skin before baking.

Mulling Mix Add-In

Peel some skin with a peeler and bake it until fully dried. It's great in spice/chai/mulling mixes, and anything that can use an orange-flavor boost.

Orange-Chocolate Brownies

Make your regular recipe for brownies and add at least 3 oranges worth of orange zest, and substitute orange juice for any liquid.

Pork Marinade

Marinate and cook pork shoulder or pork tenderloin in fresh orange juice. Heavenly!

Oranges With Honey

Slice your oranges in half, and put the halves in a baking dish. Drizzle a generous amount of honey over them and sprinkle with just a touch of cinammon. Bake in a 350 degree oven just long enough to heat them (5-10 mins). Take out of the oven and place in a bowl and eat with a spoon! Yummy and also very soothing and healing if you have a cold or a sore throat!

Orange Extract

Zest your oranges and cover with vodka. Let sit. Delicious Orange Extract (works for lemons, too).

Fresh Orange Salsa

Chopped orange, red onion, jalapenoes, cilantro. Great on grilled fish or tuna steaks. Also good added to a citrus slaw, cabbage or jicama.

Orange-Flavored Vinaigrette

Substitute orange juice for a portion of the vinegar in a salad dressing – a great way to add a slightly sweet flavor and to balance the taste of the vinegar. Wonderful over endive or spinach.

Orange Curd

Use your favorite lemon curd recipe, and lower the sugar by a third.

Oatmeal With A Zing

Prepare oatmeal with orange juice instead of water: top cooked oatmeal with orange juice rather than butter or cream to get great flavor and no added fat.

Citrus Pancakes & Waffles

When making your favorite pancake or waffle batter, substitute orange juice for the water, milk or buttermilk in the recipe. This will give the pancakes a great flavor and added vitamin C!

Orange Tea

Make a lemon or orange infused tea by boiling lemon or orange rinds and then throwing in a tea bag. Let the bag steep as long as you like and enjoy!

Orange Maple Butter

To top french toasts, pancakes, scones…anything really. Delicious and keeps well in the fridge.

Orange Butter Cake

Very fluffy, moist and orangey with Orange Cream Cheese Frosting!

Orange Jam

Peel the oranges, cut in chunks. Process in the food processor or blender. Add sugar, pectin and water and stir. No cooking necessary. Will keep refrigerated up to three weeks – or freeze for longer storage. Recipe at Sunkist.com

Candied Orange Peel

Orange peels can be candied to make a deliciously, zesty treat. Recipe at Bright Eyed Baker

Wow….that's a whole lotta orange!! Can't wait to get in the kitchen and start making some of this stuff!



Debra McDuffee