



BETWEEN THE ROWS

WENDY SCHMIDT

A primer on citrus

Of course this is the wrong climate to grow citrus, but over the years more varieties of fresh citrus fruit are being added to grocery shelves. Many are hybrids of two different fruits. It's interesting to know their origins.

In my lifetime I've seen citrus limited to Valencia and navel oranges (separately in their seasons), lemons, only white grapefruit and sometimes limes, when I was young. And now we have the ability to import from global areas with opposite seasons (Southern Hemisphere). The seasons of all imported citrus have been expanded, and essentially doubled.

Lately there are many varieties of citrus in the market, but they are not new. The new ones have started being marketed recently but actually have been around for a long time.

Sweet oranges

Thin-skinned Valencia is the most popular juice orange, navels the most popular type for eating. Choose oranges that are firm and heavy. "Washington navel" is one of the most important varieties. It was introduced into California in 1873 from Brazil. It can produce fruit where winters are colder and can be grown in areas where Valencia does poorly.

The primary area for growing navel oranges is the San Joaquin Valley. Most of the Valencia oranges are grown in the Los Angeles area where the climate is ideal.

Oranges are believed to be native to Northeast India and parts of Burma and China. They reached continental America in 1518 and Florida in 1565, and were introduced to Arizona by missionaries in 1707. Oranges didn't become an important food crop until after 1769, when Franciscan missionaries brought the sweet orange to California. They played an important role in the development of the western US.

Sour oranges

"Seville" and other oranges of this type have a bitterness caused by their essential oils. The fruit is very sour and aromatic and is used in perfumes, oils, drinks, marmalade, liquers and orange flower water.

Blood oranges

Sweet oranges with distinctive red flesh, they are more popular in Europe than in the US. There are three commercial varieties: "Moro," "Sanguinelli" and "Tarocco." Blood oranges have unequalled flavor.

Mandarins

There is a great variety, and some mandarines are called "tangerines." The word tangerines developed from the variety called "Dancy," which has a more brightly colored skin. Mandarines are called slip-skin oranges because they're easy to peel and separate into segments. There are four types of mandarin: the Satsumas of Japan, the Mediterranean mandarin, the King mandarins of Indochina and the common mandarins, which includes "Clementine" and "Dancy."

Tangors and tangelos

Tangors are a hybrid of mandarin and sweet orange. Tangelos are a cross between mandarin and pumelo (a large grapefruit). "Temple" oranges are actually tangors. "Minneola" is the most common tangelo.

Lemons

Acidic rather than sweet. The acid content is maximum prior to fruit maturity, and they can be picked by size rather than ripeness. The earlier they are picked, the more acidic they are and the longer they can be stored. Lemons in the store are rarely tree-ripe.

Most lemons are grown in coastal California. They don't need a hot climate but are very sensitive to frost.

See **Citrus**/Page 2B

Thanksgiving Leftovers



Regina H. Boone/Detroit Free Press-TNS

Thanksgiving leftovers: Turkey Pot Pie Soup

THE MEAL THAT KEEPS ON GIVING

By Susan Selasky

Detroit Free Press

Let's face it. While you've done your best to plan enough for Thanksgiving, chances are you probably have leftovers. Plenty of cooks planned their Thanksgiving meal counting on leftovers.

And that's a great thing. Having leftovers means you can turn out several meals quickly days after the big meal. Most of the work and cooking is just about done.

Today's recipe for Turkey Potpie Soup could actually be called everything but the kitchen sink leftover soup. It uses plenty of Thanksgiving leftovers including turkey, vegetables and gravy mix. This soup makes the best use of the little tidbits of leftover turkey. If you have any cans of French Fried onions hanging around, you can use those too as a tasty garnish.

This soup has all the makings of a potpie minus the crust. But you can make some pastry crisps from leftover pie crust to add as a garnish. In trying to cut back on calories and fat, the soup gets its creaminess from low-fat milk, flour and the starchiness from potatoes. But you can substitute half-and-half or cream for the milk. Use whatever leftover vegetables on hand that you have. If you made a stock from the leftover turkey carcass you can use it in place of the broth. You should freeze any leftover turkey stock or opened cartons of broth at this time, too. Freeze the stock or broth in quart size freezer bags, squeezing as much of the air out as you can, then label

and date. Using the bags means you can store them flat in the freezer. Both will keep several months in the freezer.

Now if you still have turkey meat leftovers, this is time to properly store them. Store turkey meat in containers or sealable plastic bags. It's a good idea to store the meat in portions you will use so you take out only what you need. Leftover turkey meat will keep up to four months in the freezer for best quality. After that, the quality starts to suffer and it's best used in soups and casserole dishes where you will have added moisture. With most dishes, because the turkey is already cooked, it just needs to be reheated. Prepare other ingredients first, according to your recipe. Then add the leftover turkey.

TURKEY POTPIE SOUP

Makes: 8 one-cup servings / Preparation time: 15 minutes
Total time: 1 hour

1 tablespoon unsalted butter
1 tablespoon olive oil
3 carrots, peeled, diced
1 small onion, peeled, diced
2 tablespoons all-purpose flour
6 cups fat-free, less-sodium chicken or turkey broth
1 cup low-fat milk
1 medium to large russet potato, peeled, diced small
2 cups shredded, cubed or bits and

pieces of cooked turkey
1 teaspoon poultry seasoning
{ packet (0.87-ounce) turkey gravy mix
1 cup frozen peas
Salt and pepper to taste

FOR SERVING (OPTIONAL)

Pastry crisps (see directions)
French-fried onions

In a soup pot, heat the butter and olive oil over medium heat. Add the carrots and onion and saute about 5 minutes. Sprinkle with the flour. Stir in the broth and milk and heat to just a boil. Stir in the potato, leftover turkey, poultry seasoning and turkey gravy mix. Reduce heat, cover slightly and simmer about 30 minutes.

While the soup simmers, if desired, make pastry crisps for serving by cutting ready-to-roll refrigerated pie crust into wedges. Place on a foil or parchment-lined baking sheet. Bake at 350 degrees until browned, about 12-15 minutes. Remove from oven and cool.

To finish the soup, stir in the peas and simmer another 5 minutes. Season with salt and pepper. Serve topped with french-fried onions and pastry crisps, if desired.

From and tested by Susan Selasky for the Free Press Test Kitchen. Analysis per 1-cup serving.

196 calories (25% from fat), 6 g fat (2 g saturated fat), 20 g carbohydrates, 17 g protein, 322 mg sodium, 40 mg cholesterol, 3 g fiber.

Chilly nights call for a bowl of hot soup

By Addie Broyles

Austin American-Statesman

If you haven't put your stock pot — or slow cooker, Instant Pot or Dutch oven — to work yet this season, what are you waiting for?

Chilly nights call for cozy bowls of steaming soup (or stew or chili), and I wanted to share half a dozen recipes to get you thinking about new ways to make your favorite soups.

Some of these recipes, like the roasted cauliflower or roasted tomato soup, are relatively straightforward, but the roasted butternut squash soup is topped with a hazelnut puree that I'd never seen before, and you can bet I'd never tried Cheez-Its

on chicken soup until seeing the suggestion from "Food You Love But Different" author Danielle Oron.

The rye crumble on the roasted carrot soup might inspire you to make a similar crunchy topping for any leftover bread you might have in the house, and the crunchy tortilla strips on Janet Fletcher's roasted tomato soup would be divine on Selena Wolf's sweet potato and black bean enchilada stew.

Most of these recipes are vegetarian or could be made meat-free with just a few tweaks.

SWEET POTATO AND BLACK BEAN ENCHILADA STEW

The prep time for enchiladas can be a little over the top sometimes. So can the heaviness that accompanies several tortillas and a layer of bubbling cheese. Enter: easy enchilada stew. This sweet and savory comfort food fiesta always hits the spot; is packed with fiber, potassium and disease-fighting antioxidants; and requires zero tortilla stuffing or rolling. I beg you to try this vegetarian wonder as is, but if you or a loved one is prone to "where's the meat?!" meltdowns, go ahead and add some shredded chicken or browned chicken sausage to your pot.

— Serena Wolf

See **Soup**/Page 2B