
BLOOD ORANGE



Blood oranges are highly nutritious and contain several important vitamins and minerals, including fiber, vitamin C, and antioxidants. Big temperature fluctuations cause the fruit to change from a pale yellow skin to a red/orange blushed exterior which typically indicates the intensity of the crimson color in the flesh.



The blood oranges you are enjoying today, come from the

**Pardee
Family
Farm**

The Pardee family grows lemons, gold nugget tangerines, and blood oranges on their San Diego County farm, 112 miles from LAUSD.

BLOOD ORANGES

ZEST SCONES

These scones are delicious and can be customized to any flavor desired! We suggest adding dark chocolate chips to this recipe for an extra treat.

Recipe

- 2 c. flour
 - 4 Tbsp sugar
 - 1 Tbsp baking powder
 - 1/4 tsp salt
 - 6 Tbsp very cold butter, cut into small cubes
 - 1 egg, beaten
 - 1/2 c. cream
 - 2 Tbsp Blood Orange Zest (*about 2 oranges*)
- Preheat the oven to 400° F. Combine dry ingredients in a bowl and pour into a food processor. Add in butter and pulse until butter is just barely incorporated. About 4-5 pulses. (*Flash freeze for a few minutes if not cold enough*)
 - Combine cream and egg in a separate bowl and pour into food processor. Pulse until pea sized balls form. About 3 to 4 pulses.
 - Pour dough onto a sheet of parchment paper, add Zest (*and/or chocolate chips*), and knead with sheet until incorporated but not overly mixed.
 - Cut into triangles, brush with cream, and sprinkle with granulated sugar.
 - Bake for 13-15 minutes.



ENJOY!

A recipe shared by Dickinson Family Farms.
