

A Winter Treasury of Recipes, Crafts and Wisdom - available now!



Little Homesteader

A
**WINTER
TREASURY**
of Recipes,
Crafts, and
Wisdom

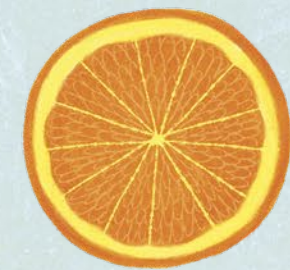
WRITTEN BY
ANGELA
FERRARO-FANNING

ILLUSTRATED BY
ANNELIESDRAWS



WINTER CROP: CITRUS

Wintertime is known as citrus season. This is because oranges, lemons, and other citrus fruits are at their freshest, zingiest, and juiciest during the winter months. The outside of a citrus fruit is called the “rind.” The rind is often bright and colorful, but it tastes bitter. Its job is to protect the fruit from bugs and insects while it grows. Inside the rind, is the sweet and soft fruit that we eat. Each type of citrus has its own flavor, shape, and rind color.



ORANGES are sweet and perfect for juicing.



LIMES have a sour taste and look like lemons, only green.



KUMQUATS look like oranges but are only the size of an olive!

LEMONS are sour but smell delicious.



GRAPEFRUIT looks like a large orange on the outside, but is pink on the inside.

POMELOS are the largest citrus fruit and taste like grapefruit.

RECIPE FOR CANDIED ORANGE SLICES

Candied orange slices are a perfect sweet treat for a winter afternoon. And with only three ingredients, they're super easy to make! Follow the simple steps to make this delicious citrus snack. For safety, make sure to ask a grown-up for help.

YOU WILL NEED:

2 NAVEL ORANGES (PEEL ON)



12 OUNCES RUNNY HONEY



1 1/2 CUPS WATER



LARGE BOWL OF ICE WATER



1 Bring a large pot of water to a rolling boil.

2 Wash the outside of the oranges. Slice into rounds and then halves, about a 1/2 inch thick.



3 Drop the sliced oranges into the boiling water and cook for 2 minutes. This softens the rind and takes away the bitter flavor.

4 Using a slotted spoon, remove the orange slices from the boiling water and place them in the iced water to cool them down.



5 Carefully pour away the hot cooking water. Add 1 1/2 cups of fresh water and 12 ounces of honey into the empty pot and bring to a simmer. Return the orange slices to the pot. Simmer for 45–60 minutes, gently stirring the slices every so often.

6 Place a sheet of parchment paper on a drying rack. Transfer the slices to the rack in a single layer. Dry on the counter or in the refrigerator for 24 hours. The slices will firm and lose their juice as they dry.



7 Once the slices are completely dried, they're ready to nibble and share! Store leftovers in the refrigerator in an airtight container.



TIP: DIP THE COOLED SLICES IN MELTED CHOCOLATE FOR AN EXTRA-SWEET TREAT! YOU CAN ALSO SPRINKLE WITH SEA SALT, CAYENNE PEPPER, OR CINNAMON.

GROW CITRUS FROM A SEED

Have you ever taken a juicy bite of a citrus fruit and found yourself accidentally chewing on a seed? While they aren't very tasty, the seeds do contain lots of energy, which can power a new citrus tree to grow. Follow the steps below to grow your own.

TIP: WHEN YOU FIND A SEED YOU'D LIKE TO PLANT, PLACE IT IN A SMALL DISH OF WATER TO KEEP IT MOIST UNTIL PLANTING TIME.

YOU WILL NEED:

- SEEDS FROM ORANGES, LEMON, LIMES, OR GRAPEFRUIT
- A POT WITH A HOLE
- A DRAINAGE TRAY
- SEED STARTING SOIL



1 Fill your pot to the top with the soil, then poke a small hole (about a ½ inch deep) into the center of the soil with your finger.



2 Drop the seed inside the hole. Cover it loosely and evenly with soil.



3 Place the drainage tray under the pot. Water until the soil is moist and place the pot and tray on a sunny windowsill.



4 Keep the soil moist until the citrus tree sprouts. This could take several weeks. After the tree begins to grow, be careful not to over-water—let the soil dry between waterings. As the tree grows and needs more room, simply move it to a larger pot with more soil.



MAKE A DRIED ORANGE SLICE GARLAND

Oranges are great for eating, but they also make beautiful, festive winter decorations. For many years people have been slicing fresh oranges, drying them, and stringing them together to make garlands. Follow the easy steps to make your own. Make sure to ask a grown-up for help when slicing and drying the fruit.

YOU WILL NEED:

6-8 ORANGES (RINDS RINSED)

STRING OR THREAD

SEWING NEEDLE (OPTIONAL)



1 Slice the oranges into rounds, about a ¼ inch thick.

2 If you're using a dehydrator, the orange slices can be placed on a rack in a single layer. If you're using an oven, line a baking tray with parchment paper and lay the slices in a single layer.

3 If using an oven, heat to 250°F. Insert the baking tray and bake for 2-3 hours. Check them regularly, and carefully flip the slices halfway through the baking. If using a dehydrator, set the temperature to 135°F. Check and flip the slices every 2 hours. They may take up to 8-12 hours to dry completely when using a dehydrator.

4 Once the orange slices are dry, string them together! A grown-up can use a needle to poke holes for stringing, if needed. Hang them around the house, and enjoy the fresh citrus sights and smells.

