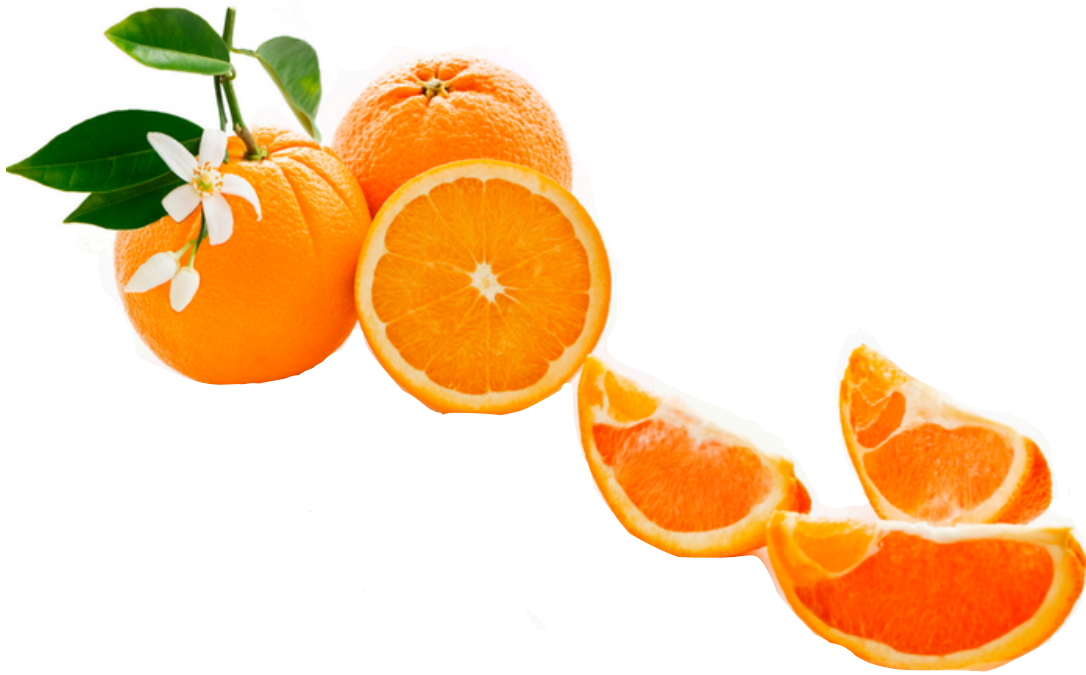


Heart Seeds

ORCHARDS & FARM



Heart Seeds is a farm and orchard full of citrus varieties tucked away in Pauma Valley California, at the edge of San Diego County. A two acre multi-generational family farm, holding the vision to regenerate the soil and revitalize our planet. We love growing delicious produce and enjoy connecting others to nature by creating farm experiences open to the public.

Our intention is to expand peoples hearts by planting seeds of empowerment, inspiration and creativity through our produce, classes and experiences. From our citrus Upicks, outdoor cooking classes, garden workshops and farm to table dinners--we're committed to wellness education and growing nutritious healing foods.

"This institution is an Equal Opportunity Provider."

Heart Seeds

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10 FUN FACTS about navel oranges



1. Navel oranges

get their name because one end looks like a navel, or **belly button**.



2. Navel oranges **don't have seeds**, so you can't grow a navel orange tree from seed.

3. Navel oranges, like all citruses, are high in **Vitamin C**, an antioxidant that prevents scurvy and is necessary for a healthy immune system. Navel oranges are also a good source of beta-carotene, which gives oranges their color and is important for maintaining cell structure. In addition, navel oranges are a good source of fiber and contain many other nutrients and phytonutrients.

4. Navel oranges ripen from **fall to winter** and can keep on the tree for many months.

5. The hard, lumpy section at the navel end is really a second **young orange** growing inside the orange's skin.



6. California

is the **top grower** of navel oranges in the country.

7. California's first navel orange tree was planted in **Riverside in 1873** and is still producing fruit today.



8. Navel oranges helped make **Southern California what it is today**, bringing money—and many, many people—to the state.

9. The only way to grow a new navel orange tree is to **graft** it: cutting a blossoming bud from a navel orange tree and joining it with another citrus tree's trunk.

10. The navel orange is a **citrus**—a group of plants that have juicy, tart fruits with a spongy rind. Other citruses are tangerines, lemons, limes, and grapefruit.

