

Decorating Trends

Give Your Home A Makeover

(NAPSA)—Designers and decorators often borrow themes and color palettes from nature—such as the tranquil blue ocean or majestic green mountains. For many, the “freshest” design trend today is inspired by California’s bountiful orange crop. Overflowing with nutritional goodness and sweet as ever, fresh California oranges are making a splash in grocery stores and homes everywhere.

Experts agree with what California orange growers have known for generations—oranges provide energizing refreshment, orange is the color of joy and creativity and the scent brightens spirits and soothes the senses. In addition, California’s crop is nurtured by excellent weather and expert growers, for premium quality fruit, slice after slice.

Here are some simple tips inspired by the California orange groves to add excitement to your lifestyle.

- **Arrange with Color:** Accent a table or entry way with fresh flowers and use sliced oranges in the vase to scent and anchor the arrangement. Accent a wall with orange paint. The color can warm a room and is friendly and welcoming.

- **Let the Sun Shine In:** Just like orange groves, your mind and mood need plenty of sunlight. Pull back the curtains and lift the blinds to let in as much natural



light as you can.

- **Eat Up:** Filling your pantry with oranges is a great way to get Vitamin C, folate, potassium, fiber and other nutrients in your diet. Add refreshing oranges to your lunch or have one as a nutritious snack; squeeze oranges for their delicious juice and liven up your dinner with citrus-inspired recipes.

- **Relax and Revitalize:** Bring the tranquil spa experience home by adding mood music in the bathroom and using orange-scented aromatherapy candles to lift your spirits. You can also indulge with facial scrubs, masks and moisturizers infused with orange.

Whether you want to brighten your diet or your home, fresh California-grown oranges can provide the best taste and premium quality. “Orange” you glad you found that out?