

— GRAPEFRUIT —

What are they?

- Grapefruits are a large yellow citrus fruit that grow on trees.
- They are a cross between an orange and a pomelo.
- Grapefruits usually range in diameter from four to six inches and include both seed and seedless and pink and white varieties. The thickness of their outside peel varies with their growing region.
- In the U.S., there are more than 20 different types of grapefruit.
- It is juicy, tart and tangy with an underlying sweetness that weaves throughout.



When are they available?

- Harvested in Florida and Texas from November to June.
- Harvested in California and Arizona from late summer to early fall.
- 75% of the world's grapefruit is grown in Florida.



What's so cool about them?

- They are called grapefruits because they grow in bunches like grapes.
- The wonderful flavor of a grapefruit is like paradise as is expressed by its Latin name, *Citrus paradisi*.
- Out of all the different types of citrus fruits, the grapefruit was the only one to originate in the Americas.
- Normally grapefruit is cut in half and eaten with a spoon, but they can also be cut into wedges.
- It used to be called the “forbidden fruit.”

Why should I eat them?

- Grapefruit is an excellent source of vitamin C, a vitamin that helps to support the immune system as well as many other vitamins and minerals.

