





Grapefruit

Benefits of grapefruit:

-  Low in calories
-  High in Vitamin C and A
-  High in antioxidants to prevent heart disease and some cancers.

When are they in season?

-  Harvested in Florida and Texas from November to June. Also, California and Arizona harvest them in late summer to early fall.

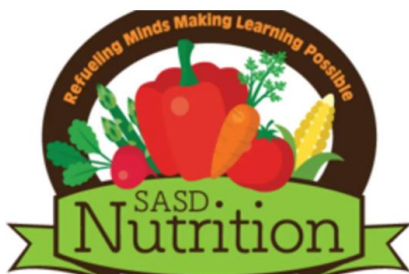
Food Safety for grapefruit

Cut out damaged or bruised areas.

Store grapefruit in the refrigerator.

Separate grapefruit from meat. Use different cutting boards for meats and fruits.

Did you know... They are called grapefruit because they grow in bunches like grapes.



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>
Butterfield, M., Says, M., Chow, M., Says, L., Lee, Says, R., . . . Michelle. (2015, March 11). Grapefruit Sorbet Recipe. Retrieved January 18, 2021, from <https://www.onehundreddollarsamonth.com/grapefruit-sorbet-recipe/>
Pictures: Creative Commons

Grapefruit Sorbet:

Serves 2

Ingredients

- 1 ¼ cups sugar
- 1 ¼ cups water
- 1 teaspoon grated grapefruit zest
- 2 cups freshly squeezed grapefruit juice
- 2 tablespoons freshly squeezed lemon juice

Directions

- In a medium saucepan over medium-high heat, bring the sugar, water, and grapefruit zest to a boil, stirring occasionally until the sugar dissolves. Remove the pan from the heat and let it cool for 5 minutes.
- Stir in the grapefruit and lemon juices. Strain the mixture through a fine-mesh sieve into a bowl and set it aside to cool.
- Cover and refrigerate the sorbet base until it is thoroughly chilled, at least 4 hours.
- Use ice cream machines, process the sorbet according to the manufacturer's directions. Transfer it to a tightly sealed container and freeze until ready to serve.

