

Grapefruit





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SHOPPER'S TIPS

- Look for grapefruit that has smooth skin and feels heavy for its size.
- Avoid any grapefruit with soft spots or very thick and wrinkled skin.

FUN FACTS!

- Grapefruit can be found in white, pink, and red varieties.
- Grapefruit got its name from a Jamaican farmer who noticed the way it grows in clusters (like grapes) on the tree.

WHAT IS IN IT FOR YOU?

Half a grapefruit is:

- An excellent source of vitamin C.

SERVING IDEAS

- Eat half of a grapefruit in the morning along with your cereal.
- Toss peeled grapefruit segments into your fruit salads.

PEAK SEASON

California grown varieties, available from winter to spring, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Grapefruit can be stored at room temperature for up to one week. If stored in the refrigerator, grapefruit will last up to two weeks. For the best flavor, enjoy them at room temperature.