

December – Featured Fruit: GRAPEFRUIT



WASH. CUT. EAT.



(how easy is that?)



Hi, I'm **Gretta Grapefruit**.¹ The grapefruit we know today was developed in the West Indies in the early 1700's and first introduced to Florida in the 1820's. In the United States, most grapefruit is still grown in Florida.

Facts

The grapefruit got its name from the way it grows in clusters (like grapes) on the tree.

There is no mistaking a grapefruit tree - they are large with glossy dark green leaves and the fruit hangs in clusters on the tree. Grapefruit trees are beautiful.

There are many ways to eat grapefruit. The easiest way to enjoy a grapefruit is to slice it in half and eat the sections with a spoon. You can also slice it into wedges and eat it like an orange. Grapefruit sections are a delicious addition to fruit and vegetable salads. Fresh squeezed grapefruit juice is easy to make, one grapefruit will make 2/3 cup of juice.

Remember, one half of a grapefruit counts as one serving of your 5 A Day!

One half of a grapefruit also contains all of the vitamin C your body needs for the day.

History

Citrus fruits have been part of the human diet since the Stone Age, but the origins of the grapefruit are a mystery. Some evidence suggests that grapefruit may be a descendent of the pomelo, dropped on Jamaican land by seagulls traveling from the island of Barbados, where the fruit was brought by a captain who worked for one of the East Indian trading companies.

Disagreement even exists about the origins of the name "grapefruit." One theory holds that it was so named because the growing fruits resemble a cluster of grapes.

Sources:

Dole 5 A Day. www.dole5aday.com

Encyclopedia of Foods: A Guide to Healthy Nutrition. Dole Food Company: 2002.

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Where Grown

The grapefruit prefers warmer climates and therefore thrives best in the southern states. Today, Florida, Texas, and California supply 90 percent of the world's grapefruit. Because the fruits ripen at different times in different areas, the fruits are available year-round.

Types

There are three major types of grapefruit: white, pink/red, star ruby/rio red.

All grapefruit have a similar tangy-sweet flavor and are very juicy.

Many people believe that the white is the best tasting.

The star ruby/rio red grapefruit is becoming very popular; the deep red color of the fruit is very attractive.

Nutrients

- High in vitamin C
- Contains antioxidants that may help prevent certain forms of cancer

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