

GRAPE

The grapefruit is a large citrus fruit related to the orange, lemon and pomelo. Tart and tangy with an underlying sweetness, grapefruit has a juiciness that rivals that of the ever popular orange and sparkles with many of the same health promoting benefits. Grapefruits are categorized as white (blond), pink or ruby, this doesn't reflect their skin color, which is either yellow or pinkish-yellow, but rather describes the color of their flesh.



Grapefruit trees were planted in Florida in the early 19th century. They were given the name grapefruit because of the way they grew in clusters similar to grapes. Florida is still a major producer of grapefruits, as is California, Arizona and Texas. Popular varieties of Florida and Texas grapefruit include: Ruby Red, Pink, Flame, Thompson, White Marsh, Star Ruby, Duncan, and Pummelo HB. The popular Florida and Texas varieties are in season between the months of November and June. Grapefruits usually range in diameter from four to six inches and include both seed and seedless and pink and white varieties. Grapefruits are low in calories but are full of nutrients and an excellent source of vitamins A and C. Grapefruits support clear, healthy skin, can help to lower our risk for many diseases and conditions and may even help with weight loss as part of an overall healthy and varied diet.

FRUIT