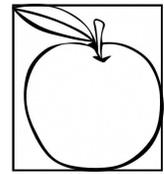


GRAPEFRUIT



In the orchard:



<http://www.producepedia.com/sites/producepedia.com/files/produce/media/grapefruit%20tree.jpg>



https://c2.staticflickr.com/8/7028/6836573845_2fb61776a7_b.jpg

Ready to eat:



<http://www.mbskitchen.com/wp-content/uploads/2013/03/image23.jpg>



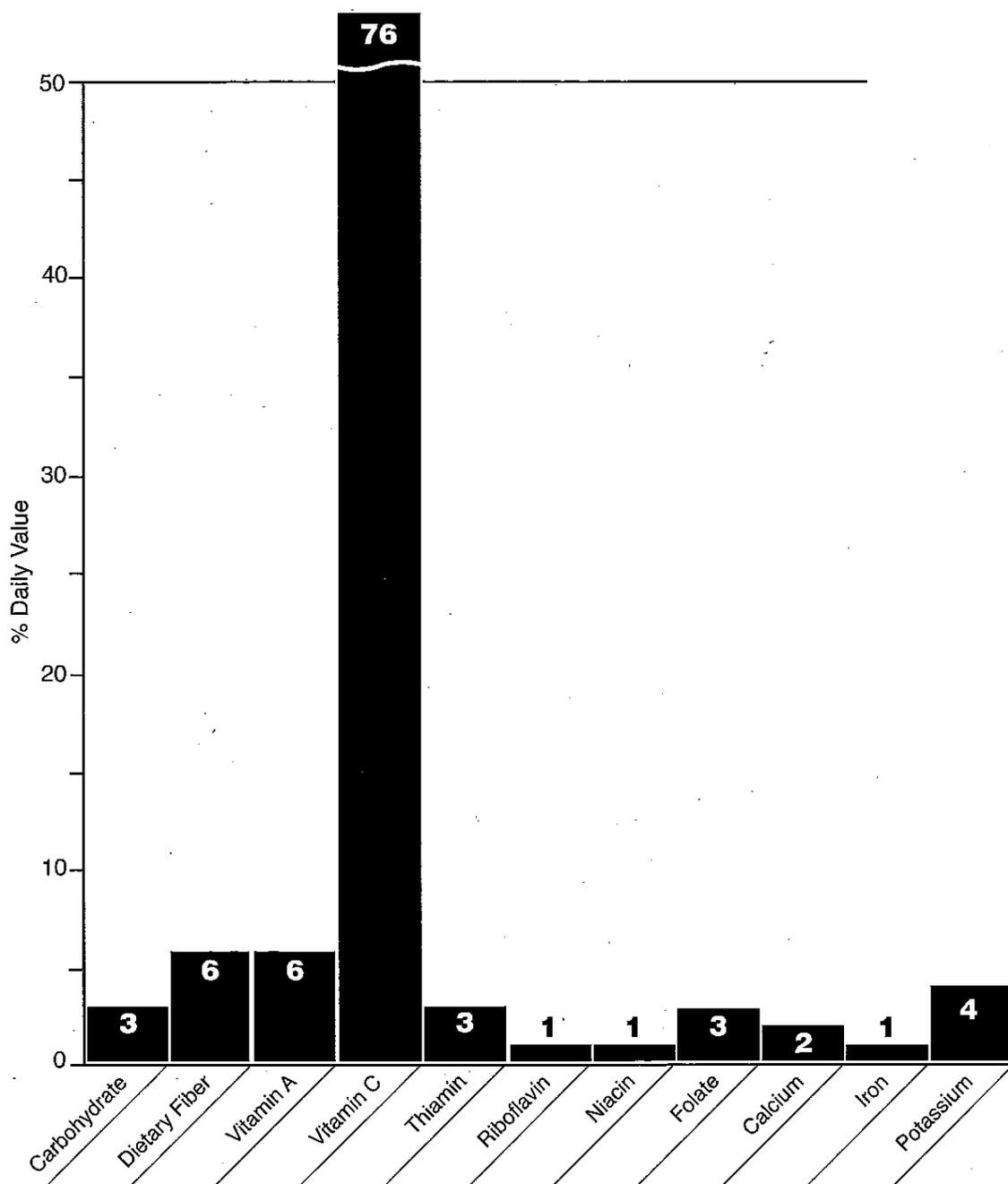
<http://www.theluxuryspot.com/wp-content/uploads/2013/04/Grapefruit-1024x640.png>

FUN FACTS:

- Grapefruits with pink and red flesh are usually sweeter than the yellow fleshed varieties.
- They grow in clusters (like grapes) on trees.
- Most US grapefruits come from Florida, Texas, California, and Arizona.
- Grapefruit trees can reach 25-30 feet tall. One tree can produce more than 1,500 pounds of fruit!

Grapefruit

Nutrition Facts



Serving Size

- 1/2 Medium Grapefruit
- 123 Grams
- 37 Calories
 - 3% from fat
 - 6% from protein
 - 90% from carbohydrate
- 1 Gram Protein
- 9 Grams Carbohydrate
 - 1 gram dietary fiber
- 0.1 Gram Fat
- 113 Grams Water
- 0 Milligrams Sodium

Red grapefruit has 2 times more vitamin A than pink; white grapefruit has only a trace of vitamin A.

From California Department of Education, 2007

Grapefruits are full of Vitamin C to help heal your cuts and wounds.

Grapefruit Salad

Ingredients

- 2 **grapefruits**, cut into segments
- 2 Tablespoons **honey**
- 2 Tablespoons fresh **mint**, finely chopped



Directions

1. Using a sharp chef's knife, cut away the peel and the white part from the grapefruit. Carefully cut inside the skin of each segment or use your fingers to remove the skin from each section of grapefruit flesh.
2. Squeeze the membranes over a bowl to extract all the juice.
3. Whisk the honey and mint into the juice and set dressing aside.
4. Arrange the grapefruit segments on a platter or in a shallow bowl and drizzle with some of the dressing.

Grapefruit Storage tips:

- **Whole grapefruit:**
Store whole grapefruit at room temperature up to a week, or for 2 to 3 weeks in the refrigerator.
- **Cut grapefruit:**
Wrap the cut fruit tightly with plastic wrap or store in an airtight container. Refrigerate and use it within three or four days.
- *Tip:* You'll find grapefruit to be juicier and sweeter if you return it to room temperature right before serving.

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USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

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