

Fresh Fruit and Vegetable Program PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services



Grapefruit

Grapefruit is good for you because: they are an excellent source of Vitamin C, Fiber and Vitamin A.

Farm to School ~

Grapefruits grow on trees and the fruits can range from four to six inches around. They are juicy, tart, and tangy and, when ripe, can be very sweet. Fresh Florida grapefruit are available from October - June.

Selection and Storage ~

When choosing, fruits should be heavy for size and somewhat firm. Avoid those that have wrinkled skin or are very soft. For a juicier fruit, store at room temperature if eating within a week of purchase; otherwise they will stay fresh for 2-3 weeks in the fridge.

Origin ~ Where did it come from?

Grapefruit originally come from Barbados and was thought to be a hybrid of the sweet orange and the pomelo. The grapefruit was originally called the "forbidden fruit" and is now considered one of the "Seven Wonders of Barbados". It was then brought to Florida in 1823.

Fun Facts



Grapefruit got it's name in 1814 in Jamaica because of the way it grows on tress - hanging in clusters just like grapes.

A grapefruit is 75% juice. One medium grapefruit will give you 2/3 of a cup of fresh-squeezed juice.



Word Search

G	R	S	Z	M	I	A	X	V	G
N	R	E	G	C	L	B	Q	I	E
S	H	A	D	X	J	Q	F	T	C
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CITRUS	FLORIDA	GRAPEFRUIT							
JAMAICA	JUICE	RED							
SWEET	TART	VITAMINC							



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GRAPEFRUIT COLORING



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