

Grapefruit

Look:

Grapefruits are round with a smooth slightly dimpled peel. The flesh is divided into 10-14 segments and has a translucent hue ranging in color from pale yellow, pink, to dark red.

Taste:

Grapefruit has a tart, sweet citrusy taste. The tiny flesh sacs are filled with juice that burst with flavor when you bite into them.

Touch:

the peel of a grapefruit is covered in small oil glands that release a fragrant smell.



Q: How did Grapefruits get their name?

A: Grapefruits grow in clusters just like Grapes do!



Did you know?

The scientific name of a grapefruit tree is Citrus Paradisi. These are mainly grown in the warm, sandy soils of Florida, Texas, Arizona, and California.



Nutritionals

Half of a grapefruit provides nearly 64% of your daily **Vitamin C** and is a great source of **Vitamin A**

Grapefruit is Sodium and Cholesterol free!

Sodium

Cholesterol