

Harvest of the Month™



SPRING - GRAPEFRUIT



GRAPEFRUITS ARE A SUBTROPICAL CITRUS THAT ARE LARGE, AND CAN BE SOUR TO SEMI-SWEET, AND SOMEWHAT BITTER. GRAPEFRUITS CONTAIN A RANGE OF ESSENTIAL VITAMINS AND MINERALS INCLUDING VITAMIN C, VITAMIN A, AND POTASSIUM.

FOOD WASTE PREVENTION

- WHEN BUYING GRAPEFRUITS, THEY SHOULD BE HEAVY FOR THEIR SIZE, SMOOTH AND FIRM
- GRAPEFRUITS CAN BE STORED ON THE COUNTER BUT IF STORED IN THE FRIDGE THEY CAN LAST UP TO 2 WEEKS
- GRAPEFRUITS ARE 90% WATER, THEY ARE PERFECT TO USE TO MAKE JUICE!
- USE THE PEELS TO MAKE INFUSED OILS, VINEGARS, OR A DIY CLEANER. THEY CAN ALSO BE ZESTED INTO RECIPES FOR A MORE INTENSE GRAPEFRUIT FLAVOR

HEALTHY SERVING IDEAS



SLICE IN HALF AND EAT WITH A SPOON

MAKE JUICE!



ADD TO A SALAD FOR TARTNESS AND COLOR



FUN FACTS

JAMAICANS COINED THE TERM "GRAPEFRUIT" BECAUSE THE FRUIT GROWS IN BUNCHES LIKE GRAPES

COMMON GRAPEFRUIT VARIETIES



RED

BITTER, BUT POWERFUL ANTIOXIDANT

WHITE

STRONG FRESH CITRUSY SCENT ONCE CUT OPEN



PINK

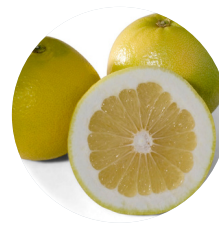
TART, TANGY WITH A BIT OF SWEETNESS

FUN FACTS

- THE GRAPEFRUIT WAS CREATED BY CROSSING A POMELO AND AN ORANGE
- THE TASTE OF A GRAPEFRUIT CAN VARY FROM SOUR, SWEET, AND TART
- GRAPEFRUIT TREES TAKE BETWEEN 6 MONTHS AND 13 MONTHS TO PRODUCE FRUIT

STAR RUBY

PERFECT MIXTURE OF SWEET AND SOUR TASTE



ORO BLANCO

THE LEAST BITTER AND SWEETEST VARIETIES

ALL-NATURAL GRAPEFRUIT CLEANER

INSTRUCTIONS

1. PEEL THE GRAPEFRUIT AND STUFF THE PEELS IN THE JAR (BE SURE TO EAT THE INSIDE!)
2. FILL THE JAR WITH VINEGAR TO COVER THE PEELS
3. ADD LID ON TOP OF JAR AND LET IT SIT FOR 2 WEEKS
4. FILL SPRAY BOTTLE WITH EQUAL PARTS WATER AND INFUSED VINEGAR
5. USE AS AN ALL NATURAL, PET FRIENDLY CLEANER FOR AROUND THE HOUSE!

MATERIALS

- 1 GRAPEFRUIT
- WHITE VINEGAR
- 1 JAR WITH LID
- 1 SPRAY BOTTLE



ACTIVITY FROM: [HTTPS://HEALTHYGROCERYGIRL.COM/2018/03/23/DIY-GRAPEFRUIT-MULTI-PURPOSE-CLEANER/](https://HEALTHYGROCERYGIRL.COM/2018/03/23/DIY-GRAPEFRUIT-MULTI-PURPOSE-CLEANER/)

GRAPEFRUIT-GARLIC VINAIGRETTE

INGREDIENTS

- 3/4 CUP OLIVE OIL
- 6 TBSP FRESH GRAPEFRUIT JUICE
- 2 TBSP WHITE-WINE VINEGAR
- 1 TBSP DIJON MUSTARD
- 1 GARLIC CLOVE, GRATED
- SALT AND PEPPER TO TASTE

INSTRUCTIONS

1. COMBINE ALL INGREDIENTS IN A JAR WITH A RIGHT-FITTING LID.
2. COVER AND SHAKE WELL.
3. REFRIGERATE, COVERED FOR UP TO 1 WEEK. SHAKE WELL BEFORE USING



RECIPE FROM: [HTTPS://WWW.EATINGWELL.COM/RECIPE/7957245/GRAPEFRUIT-GARLIC-VINAIGRETTE/](https://WWW.EATINGWELL.COM/RECIPE/7957245/GRAPEFRUIT-GARLIC-VINAIGRETTE/)