NUTRITION
- Grapefruit is a great source of vitamin A, vitamin C, and a good source of lycopene.
- Vitamin A helps our skin regenerate and stay healthy, vitamin C helps our bodies fight infections, and lycopene is an antioxidant which is thought to help protect against cancer.

DYK
- Adding a little salt to grapefruit will make it taste sweeter; since the bitter receptors on your tongue compete with the salty receptors.
- Grapefruit is a citrus hybrid originating in Barbados as an accidental cross between the sweet orange (C. sinensis) and the pomelo or shaddock (C. maxima), both of which were introduced from Asia in the 17th century.

PREPARATION & STORAGE
- The most common way to eat grapefruit is to cut it in half and scoop it out with a spoon, but you can also peel and section it like an orange.
- They are a delicious snack, squeezed into juice or made into a salsa.
- Look for bright color skin and avoid soft spots.

Grapefruit Sorbet
Ingredients: 4 pounds of grapefruit, juiced and zested
¾ cup Sugar
11/4 cup Water
Directions:
Finely grate enough peel from the grapefruit to measure 1 1/2 tablespoons. Combine 1 1/4 cups water, sugar, and 1 1/2 tablespoons orange peel in heavy medium saucepan. Stir over high heat until sugar dissolves and syrup boils; remove syrup from heat. Juice the oranges, mix juice with syrup, cover mixture and refrigerate at least 6 hours up to 24 hours. Process orange mixture in ice cream maker. Transfer to container; cover and freeze.