FRESH FRUIT & VEGETABLE PROGRAM

GRAPEFRUIT

DID YOU KNOW?

- Grapefruits are a subtropical citrus fruit. They grow in bunches, like Grapes, hence the name Grapefruit.
- A single tree can produce over 1,500 pounds of Grapefruit.
- The skin can be pink, yellow, red, or even white and the inside is very juicy and lightly tart.
- About half of a Grapefruit provides your daily need of vitamin C!

FUN FACT!

Grapefruits originated in the Caribbean.



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