

Grape Fruit

HARVEST OF THE MONTH

Grapefruit comes from subtropical citrus tree like oranges and lemons. Subtropical citrus trees like warm weather and are found in Florida, California, and even Asia. Grapefruit have high levels of antioxidants meaning that they help fight infections. They have a juicy, tart, and sweet flavor that make them tasty in juices and desserts. You can also add them to salads and sides.



did you know?

Did you know that red potatoes are often referred to as "new potatoes" because they are harvested young? This early harvest gives them their smooth skin and moist, tender texture, making them excellent for salads and roasting.

fun fact

Did you know that red potatoes have a higher antioxidant content than white potatoes? This is due to their red skins, which are rich in natural plant compounds that help protect your cells.

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