



EXTENSION

Institute of Food and Agricultural Sciences

Florida Fresh: Grapefruit¹

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You can buy delicious fruits and vegetables at farmers' markets. You can also ask the person who grew it how to eat it! Because the produce is locally grown, it's fresh and costs less than at the supermarket. Enjoy some of your favorites or try something new! To find a farmers' market in your area, call your county Extension office or visit the Florida Department of Agriculture's web site: www.fl-ag.com/farmmkt/city.htm.



History and Facts



Grapefruit got its name from the way it grows on trees in clusters, like grapes.



Florida grows more grapefruit than anywhere else in the world!



The antioxidant lycopene gives pink and red grapefruit their color. Eating foods high in lycopene may help reduce the risk of heart disease and some types of cancer.



Half of a Florida grapefruit gives us about half of the vitamin C we need each day!

Availability

October through July

Selection

Choose grapefruit that are smooth, firm, and feel heavy for their size. The skin may have shades of yellow, white, pink or green. At the market, they are all ripe and ready to eat!

Storage

Store grapefruit uncovered in the refrigerator crisper. Eat within two weeks.

Uses & Preparation

Rinse and scrub outside of grapefruit before cutting. Enjoy grapefruit halves with breakfast or as a quick snack. Add grapefruit segments to tossed salads or fruit salads.

Cut and squeeze grapefruit for a refreshing and healthful drink. Grapefruit loses some vitamin C after it's cut, so make only the amount of juice that you will drink right away.

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Nutrient Facts

- ❖ Excellent source of vitamin C and fiber
- ❖ Supplies potassium, magnesium, and folate
- ❖ Fat, cholesterol, and sodium free

What are Organically Grown Foods?

Organically grown means that a food was grown without synthetic (man-made) pesticides or fertilizers. Natural pesticides and fertilizers were used instead. Organic and non-organic foods are similar in taste and nutritional value. However, organic foods usually cost more.

Four Star Citrus Ambrosia

Serves 4

grated peel of ½ tangerine
 1 cup vanilla or lemon lowfat yogurt
 2 tangerines, rinsed, peeled, cut into sections
 2 oranges, rinsed, peeled, cut into sections
 1 grapefruit, rinsed and segmented
 2-½ tablespoons flaked coconut

Stir tangerine peel into yogurt. Place fruit into four small bowls. Top with yogurt and coconut. Garnish with fresh mint leaves, if desired.

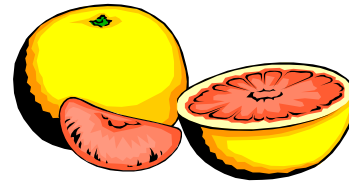
Source: Produce for Better Health Foundation

Grapefruit Surprise

Serves 4

2 grapefruit, rinsed and segmented
 2 cups lowfat yogurt
 ½ cup wheat germ

Place grapefruit in four small bowls. Top with yogurt and wheat germ and enjoy!



Grapefruit Juice and Medications

Grapefruit juice may interact with some prescription medications, such as some drugs used to treat anxiety, depression, high blood pressure, and high cholesterol. Ask your pharmacist if grapefruit juice affects any of your medications.

If you're currently drinking grapefruit juice and taking prescription medications, talk to your pharmacist or doctor before you make any changes.



Florida Tossed Salad

Serves 4

4 cups spinach or other salad greens, rinsed and torn into small pieces
 1-½ grapefruit, rinsed and segmented
 ½ small red onion, thinly sliced
 ¼ cup sesame seeds or chopped walnuts (optional)

Dressing:

juice from ½ grapefruit
 2 tablespoons vegetable oil
 1 teaspoon honey
 1 tablespoon chopped fresh mint or cilantro (optional)

Mix dressing in small bowl and set aside. In large bowl, combine salad ingredients. Add dressing and toss to coat.