



Grapefruit Goodness

Celebrating National Grapefruit Month

Toss the Valentine's Day chocolate and celebrate February's true food celebrity.

The Colors

Grapefruits have a tremendous amount of color variety.



pink



yellow



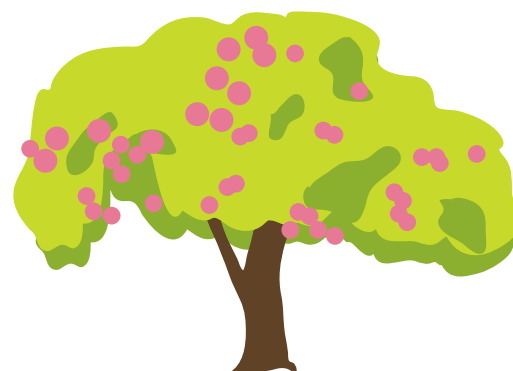
white



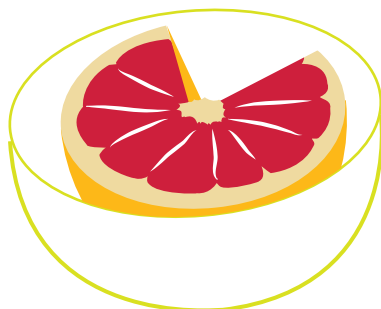
ruby

The Roots

The name 'grapefruit' is derived from the way it grows in clusters (like grapes) on a tree.

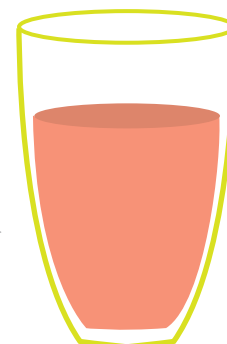


The Goods



When cut in half, grapefruit contains
78.1%
of the daily recommended vitamin C.

The Juice



One medium grapefruit will yield
2/3 cup of fresh-squeezed juice.



Refresh with grapefruit

the Italian way