



Grapefruit

USA **grapefruit** is available all year round and is grown in California, Arizona, Florida and Texas. There are primarily two types of grapefruit: red/pink and white. The most popular varieties are the red/pink types (**Rio Red, Ruby, Star Ruby and Marsh Ruby**).



Grapefruit is known for its smooth skin, flavorful sweet-tart juice and have few seeds. Grapefruit contains no fat, no cholesterol, and no sodium. It is rich in vitamins A and C, and is high in dietary fiber.

AVAILABILITY

| | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Florida | ✓ | ✓ | ✓ | ✓ | | | | | | ✓ | ✓ | ✓ |
| California | | | | | ✓ | ✓ | ✓ | ✓ | | | | |
| South Africa | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | | |

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