

# Harvest of the Month

## Grapefruit

Calories

52

Total Fat

0g

1/2  
Fruit

Sodium

0mg

Sugars

8g

## FUN FACTS:

**The Powerhouse of Vitamin C!**

juicy • tangy • sweet • maybe even a little tart

Grapefruit was first found growing in Jamaica and may have been the crossing of a sweet orange and a very large citrus fruit called pomelo.

Grapefruit is over 75% juice. One grapefruit gives you about 2/3 cup of fresh-squeezed juice.

A single tree can produce over 1,500 pounds of fruit.

Florida produces 70% of the world's grapefruit.

This institution is an equal opportunity provider.

