

# Produce of the Month



## Grapefruit

### Nutritional Information



One grapefruit is about 100 calories



A whole grapefruit has about 16 grams of natural sugars



Grapefruit is high in Vitamin C and Vitamin A



Red and pink grapefruit are high in lycopene

### Fun Facts



Grapefruit is first noted in 1750



Grapefruit grow on trees that can get nearly 50 feet tall and grow in grape-like clusters



Red grapefruit is symbolic of Texas, where it was discovered



Grapefruit contains pectin, and is associated with lowering cholesterol

### Selecting, Storing, Preparing



When selecting grapefruit, don't worry about skin discoloration or scratches, as this does not affect taste



Soft spots indicate decay and signal poor quality



Store grapefruit at room temperature if you plan to use them within a week



Rinse grapefruit before cutting



You can eat a grapefruit with a spoon or in wedges like an orange

### Recipes/Ideas

- Add grapefruit to salad for a citrusy flavor
- Dice grapefruit into salsa
- Add grapefruit to shrimp dishes to enjoy a tropical flair

For more ideas:

<http://www.thekitchn.com/slurp-it-cook-it-can-it-10-thi-142792>

<http://95210.townofmanchester.org/>

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