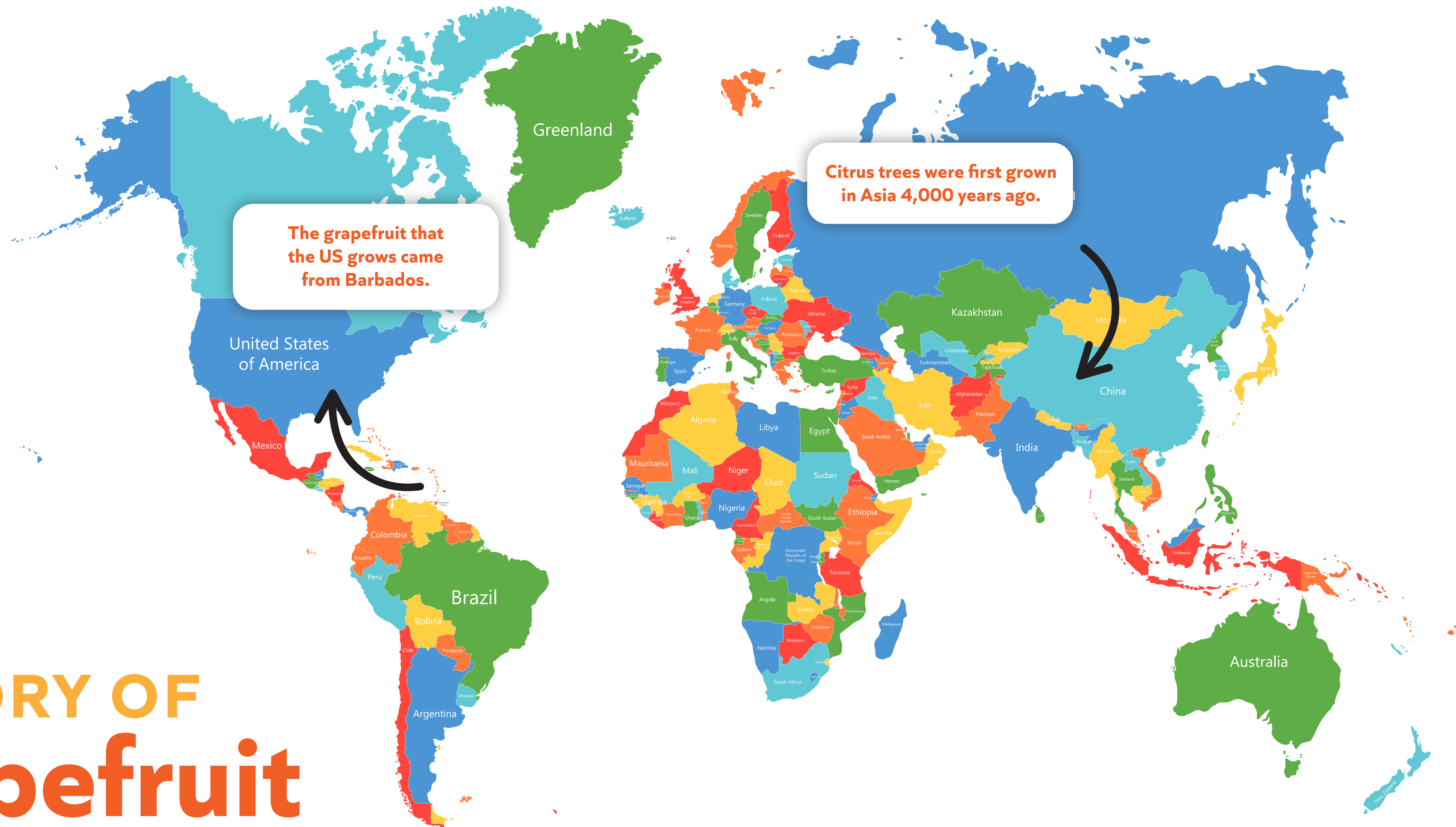




HARVEST OF THE MONTH:

Grapefruit

HISTORY OF Grapefruit



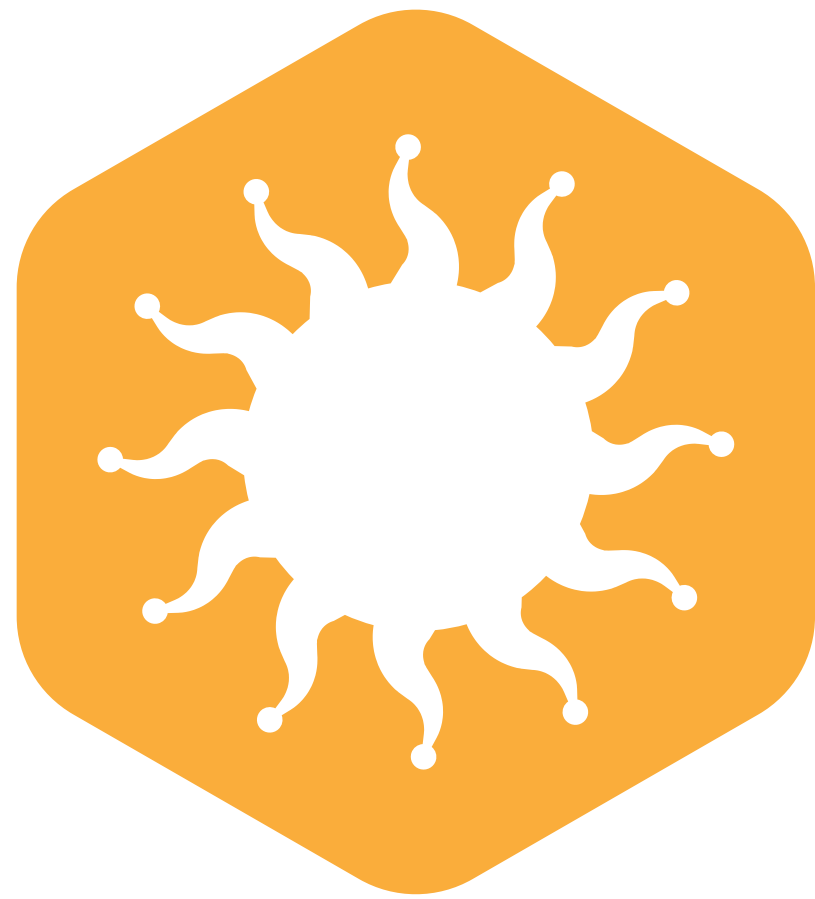


**After the flowers are
pollinated, by wind or
insects, the flowers
swell to become the
grapefruit we eat.**

**Grapefruits
grow on trees.**

HOW DO GRAPEFRUITS GROW?

WHAT SEASON DO WE PICK GRAPEFRUIT?



SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT GRAPEFRUIT?

**Healthy immune system
(prevents colds)**



**Healthy digestion,
cleans out your system**



Healthy eyes



**B Vitamins
(Healthy bodies,
cell metabolism)**



HOW DO YOU PICK A GOOD GRAPEFRUIT?

- Choose grapefruit with glossy skin that feels heavy when you pick it up.
- There should not be soft spots on the skin.
- Grapefruit can be stored in the fridge for more than two weeks.
- Grapefruit comes in three colors: white/yellow, pink and red.



FUN FACT: Grapefruit juice is made from the whole fruit, even the skin.



LET'S TRY SOME
Grapefruit!

