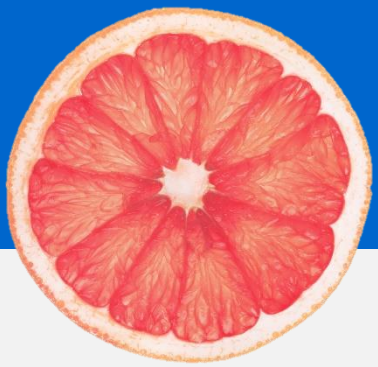

Grapefruit

What Am I?

Grapefruits have an outer peel that surrounds their inner fruit. They are round, smooth and slightly pink-colored on the outside. The inside of grapefruits are bitter, slightly sweet, and juicy. Grapefruit is most often enjoyed fresh.

How Do I Grow?

- Grapefruits grow on trees that can reach 45 feet tall.
- They grow best in subtropical climates.
- Florida, California, and Texas are the main produces of grapefruit in the United States.

Nutrition

Grapefruits are packed with vitamin C and fiber. One half of a grapefruit contains 6 grams of fiber and the total daily amount of vitamin C your body needs.

Fun Facts

- Grapefruit was originally called “the forbidden fruit.”
- Jamaicans coined the term “grapefruit” because the fruit grew in bunches like grapes.
- There are over 20 varieties of grapefruit grown in the United States.

WISCONSIN DEPARTMENT OF
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