

RED GRAPEFRUIT



TASTE OF TEXAS 23-24 Harvest of the Month Club!



Spotlight Item for January

HARVEST OF THE MONTH
JANUARY

Fun Facts

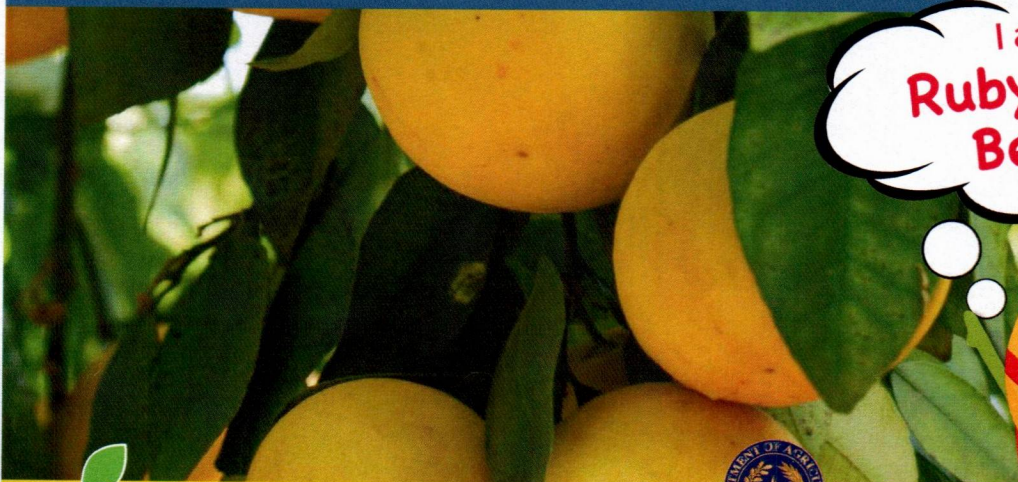
- Red grapefruit is the state fruit of Texas.
- Grapefruits have lots of vitamin A and C. Vitamin A helps you see at night and vitamin C helps your body heal.
- Grapefruits got their name from growing in bunches like grapes.



Joke of the Month

Q: Why did the grapefruit stop rolling down the hill?

A: It ran out of juice.



I am
Ruby Red Beam

My favorite activity is
softball!



TEXAS DEPARTMENT OF AGRICULTURE
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JANUARY



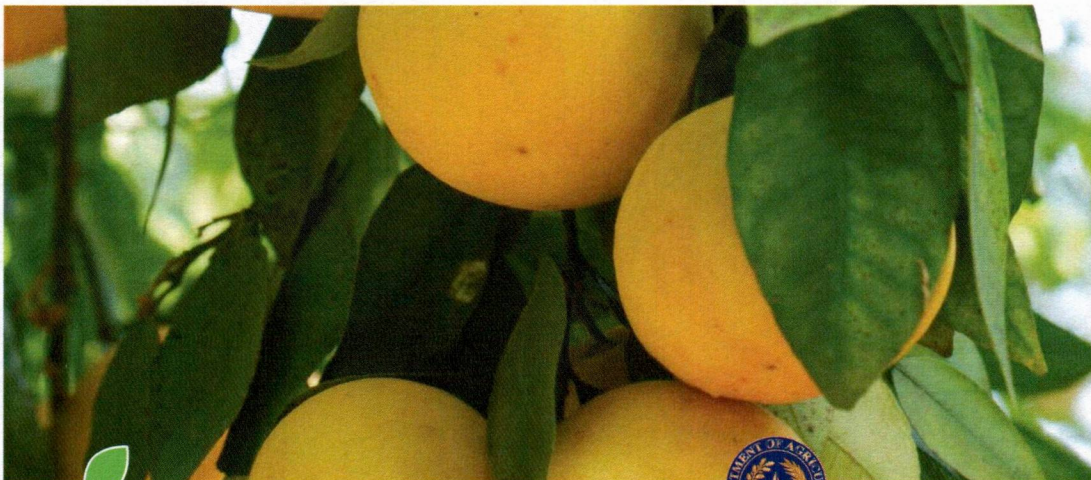
Red grapefruit is the state fruit of Texas. It was discovered growing on a pink grapefruit tree in Texas' Rio Grande Valley. It has a tangy, sweet taste and can be juiced, sliced in half or divided into several sections. Texas citrus fruits grow in places with lots of sunshine and soft ground. Varieties like Rio Star, Flame and Ruby Sweet can be found in supermarkets from October through May.

DID YOU KNOW?

A grapefruit has lots of vitamins A and C, so eating a ruby Texas red grapefruit or drinking its juice helps keep your skin and your eyes healthy, and helps protect your body from getting a cold or the flu.

FUN FACT

Grapefruit got its name from growing in bunches just like grapes.



RUBY RED GRAPEFRUIT GROWING REGIONS

1. Rio Grande Valley



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