

# The Sweet Promise of Texas Grapefruit



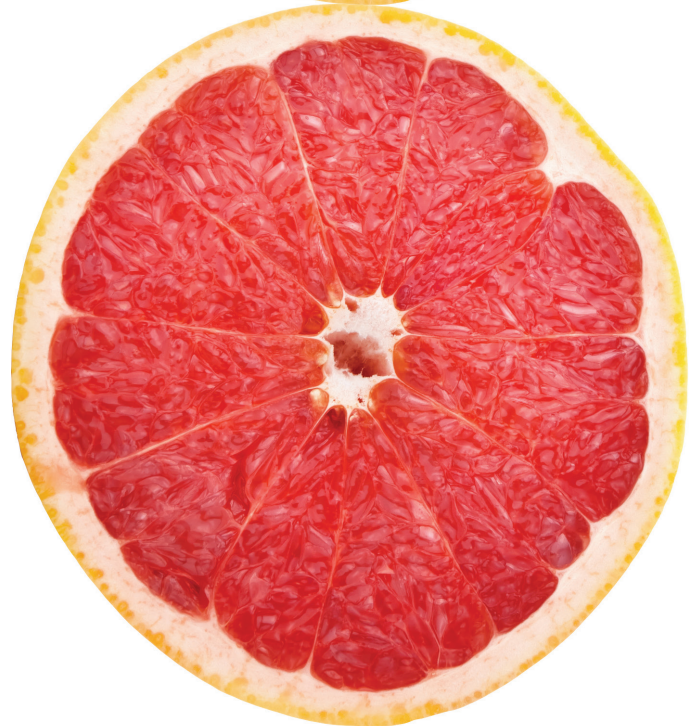
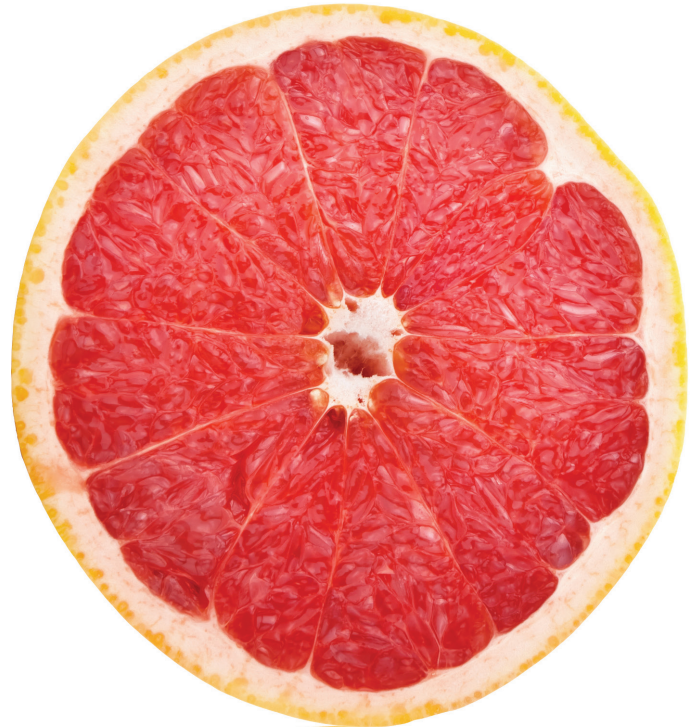
Texas has the perfect conditions for growing the sweetest grapefruit. The third largest citrus-producing state in the U.S., the state's grapefruit industry accounts for about 70% of the 11,000 hectares (27,000 acres) dedicated to growing citrus here. Texas grapefruit growers carefully maintain crop quality through precision irrigation techniques, adapting management practices to the unique growing conditions, and extensive research with academic and industry partners. To ensure the best quality and taste possible, Texas grapefruit is tree-ripened and hand-picked only after orchards have begun producing fruit that passes a maturity test.

Perfectly suited to South Texas' sub-tropical climate, fertile soil, and sunny weather, the first plantings of grapefruit can be traced back to the late 1800's. Today, Texas Red Grapefruit's sweet and juicy flavor is known around the world.

## Taste the Difference

While the sweet-tart flavor of Texas grapefruit is great on its own, there are lots of tasty ways to use grapefruit in other applications. Fresh grapefruit is perfect for adding a pop of unexpected flavor to fresh salads, salsas and more. That refreshing, tart flavor also makes an excellent pairing for fish, chicken and pork.

While fresh grapefruit is subject to seasonality, bottled grapefruit juice is the perfect way to get that same fresh flavor year-round. Grapefruit juice can be used to add zing to dressings, marinades and sauces. Add a twist (of the peel) and juice to cocktails and other beverages to create unique flavor combinations. The Texas Red Grapefruit is especially known for its incredibly bold flavor, that embodies the spirit of Texas itself!



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## Grapefruit Goodness

Eating grapefruit regularly may be beneficial for your immune system. Just one-half of a Texas Red Grapefruit contains 100% of the recommended daily value of vitamin C! And grapefruit also provides B vitamins, zinc, copper and iron, which all work together to support immune system function.

Grapefruit is an excellent source of vitamin A, a good source of dietary fiber, and it is fat-, cholesterol- and sodium-free. In fact, grapefruit is one of the lowest-calorie fruits available and is low on the glycemic index, making it a good choice for any diet. Further, the combination of fiber, potassium, lycopene, vitamin C, and choline in grapefruit may all support heart health.



The warm, tropical winds that envelope the Rio Grande Valley and make it the perfect place for growing grapefruit also create 'tropical beauty marks' on the outside rind. These marks, made from the leaves bumping against young fruit, are what set Texas grapefruit apart and tell you to expect extra sweetness inside.

## More Information

Contact the Texas Department of Agriculture for more information about Texas agricultural products at [GoGlobal@TexasAgriculture.gov](mailto:GoGlobal@TexasAgriculture.gov).

## Grown Delicious

The major grapefruit varieties in Texas are Rio Star, Henderson, Ray and Rio Red. All were discovered in Texas and are red-fleshed, seedless and have varying degrees of redness in the peel. Grapefruit season in Texas runs from October to April, with peak sweetness from November to March.



### RIO STAR®

grapefruit combines the two reddest varieties: Rio Red and Star Ruby grapefruit. They have an overall blush on the exterior peel with a deep red interior color which is 7-10 times redder than the Ruby Red grapefruit.

### RUBY SWEET®

includes the famous Ruby Red, Henderson and Ray. Its smooth, yellow skin is naturally tinged with a reddish blush and an interior color 3-5 times redder than Ruby Red.



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GRAPEFRUIT RICOTTA TOAST