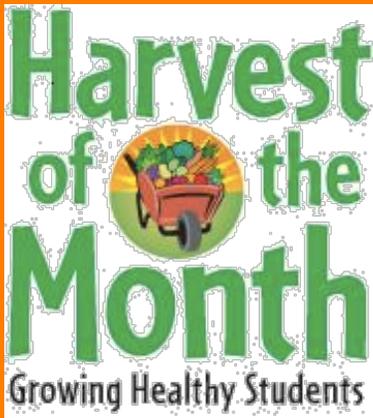


CHEQUAMEGON BAY



January



Did you know...?

Grapefruit

- ✓ Grapefruit was named by a Jamaican farmer who noticed the way it grows in clusters – like grapes – on a tree. Grapefruit has grown in clusters with as many as 25 fruits.
- ✓ Botanists believe grapefruit was an accidental hybrid of the two primal citrus species, pummelo and sweet orange.
- ✓ Grapefruit trees can grow 50 feet tall.
- ✓ The United States is the world's leading grower of grapefruit, with the majority of production in Florida, California, and Texas.

Nutritional Benefits

Grapefruit, like other citrus fruits, is an excellent source of vitamin C as well as a source of many other nutrients, such as potassium, folate, thiamin, vitamin A, vitamin B6, and fiber.

How to Select

There are three main types of grapefruit: white/yellow, pink, and red. Choose grapefruit that have smooth, glossy skin and feel heavy for their size. Avoid grapefruit with brown or soft spots.

How to Store

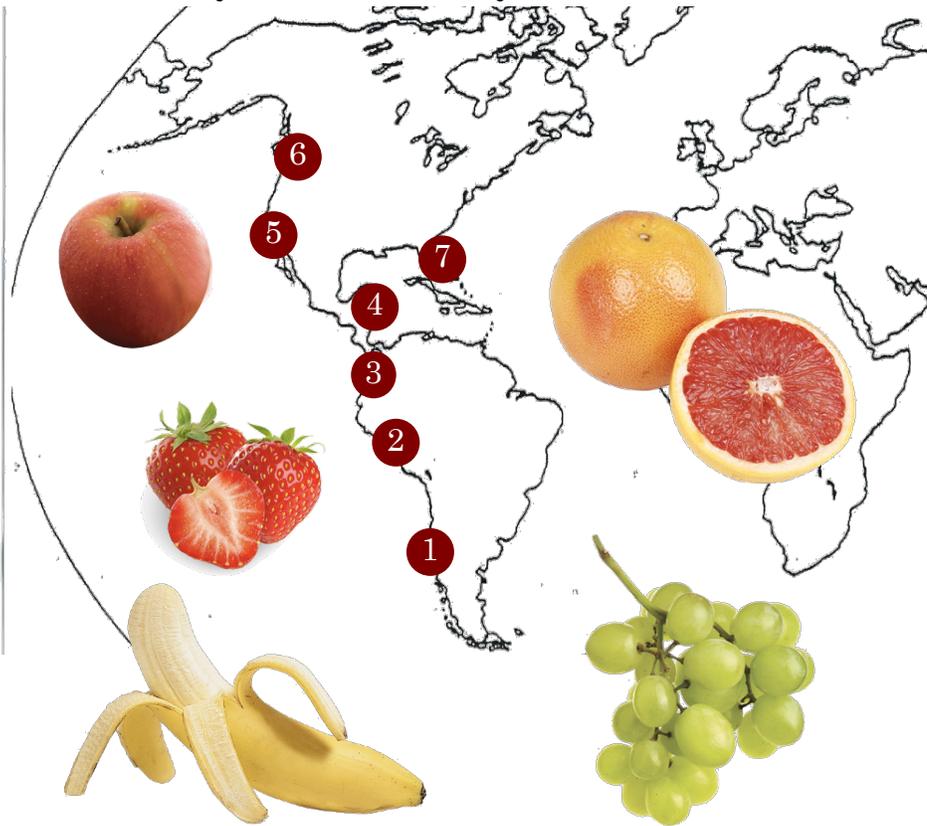
Store grapefruit at room temperature for up to one week. Or, store in the refrigerator for over two weeks.

How to Eat

- Simply cut in half and serve chilled grapefruit with breakfast or as an after school snack.
- Try 100% grapefruit juice – it tastes great chilled or frozen like a popsicle.
- Toss peeled grapefruit segments into fruit or green salads or blend grapefruit chunks with equal parts oil and vinegar to make a zesty salad dressing.



Play with your food



Draw a line from each fruit to the place on the world map where it was grown. Some of these items do grow in the Chequamegon Bay during the summer and fall, but during the winter months all of these fruits must travel a long ways in order for you to eat them fresh.

Which fruit travelled the furthest?



- 1) Blueberries- Chile, 5600 miles
- 2) Grapes- Peru, 4000 miles
- 3) Banana- Ecuador, 3300 miles
- 4) Cantaloupe- Honduras, 2700 miles
- 5) Strawberries- California, 2200 miles
- 6) Apples- Washington, 1800 miles
- 7) Grapefruit-Florida, 1700 miles

Cooking Corner



Grapefruit & Spinach Salad

Ingredients

- 2 Tbsp vinegar
- 2 Tbsp olive oil
- 1 Tbsp mustard
- 1 tsp honey
- 12 ounces spinach
- 2 carrots chopped
- ¼ cup sunflower seeds
- 2 large grapefruit

- 1 **Combine** vinegar, oil, mustard, and honey in a small covered jar and shake to mix well.
- 2 **Mix** spinach, carrots, and sunflower seeds into a large salad bowl. Peel grapefruits and working over the salad bowl, carefully pull or cut segments from their surrounding membrane.
- 3 **Pour** dressing over salad, toss, and serve.