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.

HARVEST OF THE MONTH
JANUARY

Texas citrus fruits are harvested in winter and early spring. 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.

Rio Grande Valley