

# RED GRAPEFRUIT

HARVEST OF THE MONTH  
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

Rio Grande Valley



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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