

# Grapefruit



## Selecting

Grapefruit is a citrus fruit that is available in white, pink and red fleshed varieties. As well there are hybrid varieties, such as orange-grapefruit mix. Select firm fruit that feels weighty and has smooth, thin skin.

## Storing

Store it at room temperature if you plan to eat the fruit soon, because citrus fruits are always juicier when slightly warm. If planning to store grapefruit for a longer period, place the fruit in a plastic bag and store in your fridge crisper. Stored this way, grapefruits will last up to 6 weeks.

## Preparing

Wash the outer skin and then cut the fruit in half crosswise. (Crosswise cutting is done through the mid-section, not through the stem section.) Next, use a serrated knife to separate the inner fruit from the skin (run the knife around the inside edge of the fruit). Finally, use the knife to separate the inner sections.

If you would prefer to cut the grapefruit like you would an orange, in sections, cut the fruit in half through the stem section. Continue to cut the halves into slices sized to the way you like to eat them.

To use in salads, etc., remove all the peel. Start by slicing off small pieces from the top and bottom to create stable flat surfaces. You will now find it easier to continue slicing off the pith and peel. Once removed, cut the inner fruit into sections...or slice it to create circular pieces.

## Eating

Enjoy the lively flavour of the inner fruit sections as is. If you'd prefer to make it a touch sweeter, add sugar or maple syrup sparingly. Add pared grapefruit to a salad or entrée to create an interesting flavour balance.

## Seasonality

Fresh grapefruit is available year-round.

## Nutrition

Half a grapefruit has about 50 calories. It is a source of fibre and is an excellent source of Vitamin C.

**Note: Grapefruit and grapefruit juice is known to interact with many medications and so needs to be consumed with caution. Patients taking medication for heart disease should speak to their doctor or pharmacist before consuming grapefruit, or any citrus fruits.**



**Spices that pair well with grapefruit include anise, cinnamon and ginger.**

