



Red Grapefruit

Our Red Grapefruit is grown in the Indian River region of Florida, which produces the sweetest tasting grapefruit. The Indian River grapefruit region is under laid by the distinctive Anastasia formation, composed of coquina limestone. The root system of the grapefruit trees taps the limestone layer for essential minerals and nutrients producing the juiciest and sweetest grapefruit. Available November through April to get you through those cold winter months and then step right into spring. Their peak season is from January through Mid April. Indian River Red Grapefruit available in Ocean Spray and River Pride labels November through April. The Heirloom Grapefruit is picked from trees in the Indian River Region of Florida that are over 30 years old, producing the sweetest grapefruit available. The unique combination of vintage trees, calcium soil, and plentiful sunshine makes this Heirloom fruit especially delicious. Warm tropical breezes have gently brushed the leaves across the peel of the fruit, marking that it has reached peak ripeness. The interior is pure sweetness and it eats like candy.

Seasonal Availability

MONTH	J	F	M	A	M	J	J	A	S	O	N	D
Florida	X	X								1/2	X	X

Packaging

Region	Packaging	UPC
Florida	Size 40 & smaller	PLU 4027
Florida	Size 36 & 32	PLU 4281
Florida	3lb Bag	033383-911120
Florida	5lb BG	033383-108025
Florida	8lb Bag	033383-108049
Florida	10lb Bag	033383-108063
Florida	Size 23 & larger	PLU 4491

Health Benefits

- Half of one grapefruit provides 100% of the daily value of Vitamin C
- Grapefruit provides many nutrients to support your immune system
- Sodium free
- Saturated fat free
- Cholesterol free
- Grapefruit can be part of a heart healthy diet and lifestyle
- Red Grapefruit contains lycopene, a phytonutrient associated with many health benefits
- Grapefruit is part of the "super food" family

How to Select

Select a grapefruit that is round, firm and heavy in size. The skin should be smooth with a red blush. The interior will have a red flesh. Skin blemishes or other minor flaws on the skin will not affect the eating quality of the fruit. Grapefruit are fully ripe when picked. They will not continue to ripen once they are harvested.

[Click here for Grapefruit Cutting Instructions](#)

How to Store

Grapefruit is best stored loose at cool room temperature for four to five days. For the best flavor and nutrition, store your grapefruit in your refrigerator crisper away from vegetables for up to three weeks. Never store grapefruit in a plastic bag.

