

# SPOTLIGHT ON PRODUCE

## WHAT AM I?

The Golden Gem Grapefruit is a vibrant fruit with pale yellow segments. It's similar to a regular grapefruit but sweeter in flavor, with less tartness and almost no seeds!

## GOLDEN GEM GRAPEFRUIT



## HOW DO I GROW?

The Grapefruit is considered a "winter fruit", ripening December through March. It grows on a tree and can get up to almost six inches in diameter!

## NUTRITION FACTS

These Golden Gem Grapefruits are an excellent source of vitamin C and Fiber! Making them a hydrating, delicious snack!

## FUN FACTS

One grapefruit provides more than 50% of your daily vitamin C requirement!