

Fresh grapefruit abundant, reasonable

DOVER, Del. — One can put some sunshine in his day with fresh grapefruit. They're plentiful and reasonable right now, says Delaware Extension home economists.

In 1814 horticulturist John Lunan first called a variety of Jamaican pummelo "grapefruit" because he thought the fruit resembled the grape in flavor. Such a similarity is hard to imagine today.

About ten years later another horticulturist called the same fruit "grapefruit," but for a different reason: it grows in bunches like grapes on large trees. The name caught on, and so did the use of this citrus delight.

Grapefruit offer year-round eating enjoyment, but

they are an especially good buy now at the peak of the season. A true food bargain, grapefruit are low in calories and high in nutrition. Half a large grapefruit supplies more than half the daily adult requirement of Vitamin C, but has only about 50 calories.

A person can tell a good grapefruit by its cover. One should select thin-skinned fruit that is firm and heavy, and it will be full of juice. Many people feel that russet patches on the skin are another indication of good flavor.

Fruit that is soft or that has discolored areas on the peel at the stem end should be avoided. Also one should look for water-soaked areas,

loss of bright color, or a soft peel that breaks easily with finger pressure. These are all symptoms of decay and will probably affect the flavor. It should be kept in mind that fresh fruit is perishable so buy only as much as is needed.

Grapefruit are often "stored" on the tree after they mature. When this is done, the fruit becomes sweeter. However, once picked, grapefruit will not ripen further. Therefore, by law, all citrus fruit must be mature before it can be picked.

One will be needing plenty of grapefruit if you learn to serve this food in interesting ways.

Grapefruit sections or halves are always a welcome addition to the

breakfast table. For added mealtime enjoyment, a person can make chilled grapefruit sections part of a fresh fruit platter of salad. They are delicious combined with mandarin oranges or avocados.

When serving a half-grapefruit, a person could try some uncommon toppings. For example, honey, brown sugar, maple syrup, or a spoonful of warm mincemeat can be used. Lime or lemon sherbet make pretty additions for a refreshing dessert. A tablespoon of Cointreau, curacao, or creme de menthe adds a simple but elegant touch.

As an appetizer, snack, salad or dessert, the versatile grapefruit is hard to beat.

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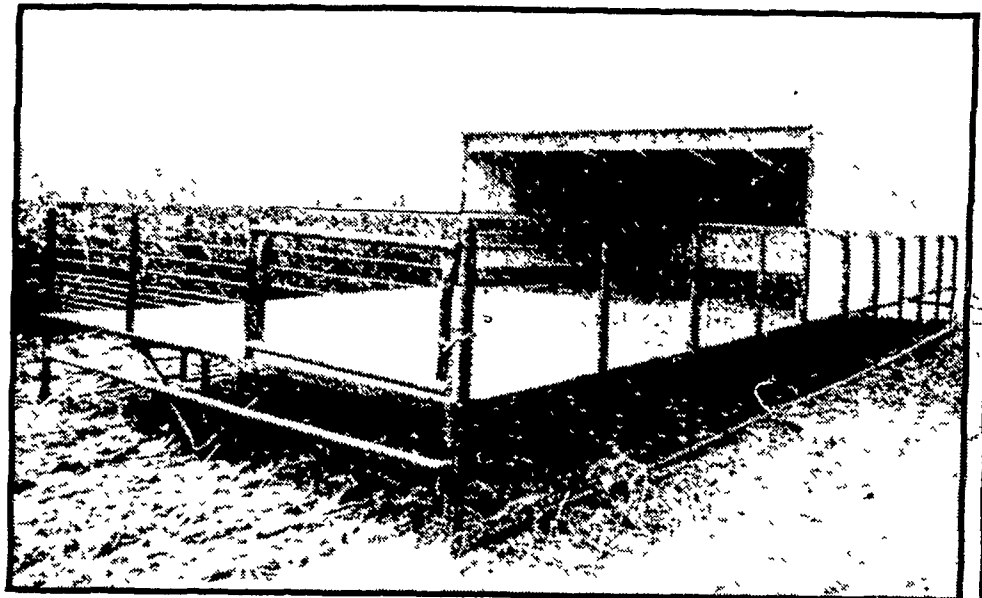


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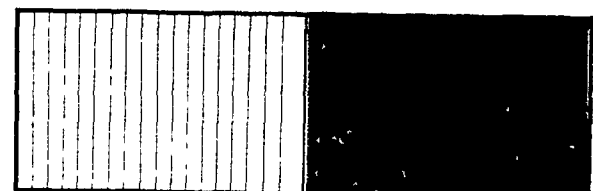
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