

# did you know?

- *The name “grapefruit” was created because they grow in clusters similar to grapes.*
- *There can be up to 25 grapefruits in one cluster.*
- *Grapefruits are the official state fruit of Texas.*
- *Grapefruits can be pink, white or red.*
- *Like oranges, grapefruits are high in Vitamin C!*

mr. hoot  
hoot



the grapefruit

## JOKE

Why did the grapefruit stop rolling down the hill? ....it ran out of juice!

## GRAPEFRUIT ROSEMARY LEMONADE

SERVES: 6

INGREDIENTS:

- 1 CUP SUGAR
- 5 CUPS OF WATER
- 1 ¼ CUP FRESH SQUEEZED PINK GRAPEFRUIT JUICE
- 1 ¼ CUP FRESH SQUEEZED LEMON JUICE
- 2 SPRIGS OF ROSEMARY

DIRECTIONS: HEAT SUGAR WITH 1 CUP OF WATER UNTIL DISSOLVED. ADD FRESH ROSEMARY AND LET STEEP FOR 25 MINUTES. LET THE MIXTURE COOL AND REMOVE ROSEMARY SPRIG. COMBINE ROSEMARY WATER WITH ALL OTHER INGREDIENTS AND CHILL. SERVE OVER ICE.

### RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 –1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups