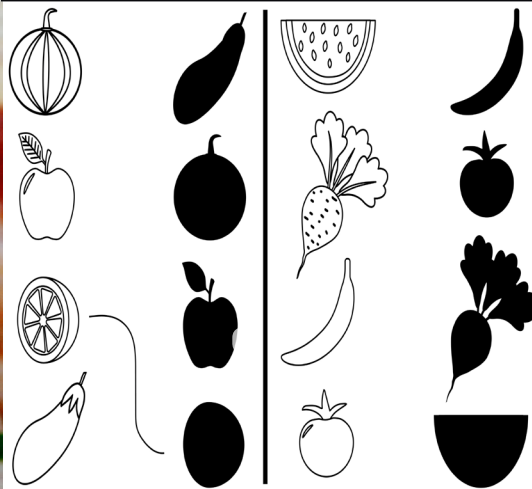


Visit the cafeteria on  
**Local Harvest Day**  
APRIL 17  
and receive a free sample  
of locally-grown  
GRAPEFRUIT



## Harvest of the Month Match Game



FIND THE SHADOW

## HARVEST of the MONTH // Golden Beets

Harvest time depends on temperature, however average time is seven to eight months. Grapefruit should be picked when half the peel is turning yellow or pink. The longer the fruit is on the tree the sweeter it becomes!

## Citrus & Avocado Salad with Orange Water

### Ingredients:

- 2 1/2 pounds mixed citrus (grapefruit, oranges, etc)
- 1/2 cup kumquats, thinly sliced, seeds removed
- 2 Tbsp fresh lemon juice
- 2 tsp orange flavored rose water
- Pinch of Kosher salt
- 1 avocado, cut into large pieces
- 3 Tbsp roasted pistachios, finely crushed
- 3 Tbsp tarragon leaves
- Extra virgin olive oil (for drizzling)

### Directions:

1. Using a paring knife, remove peel and white path from citrus.
2. Slice citrus into 1/2 inch thick rounds then cut into 1 1/2 inch pieces.
3. Transfer to a medium size bowl and add kumquats, lemon juice, rose water and salt. Toss and let sit for 5 minutes.
4. Transfer citrus, leaving juice behind, onto a large plate. Tuck avocado in between and around citrus.
5. Spoon citrus juice over salad, scatter pistachios and tarragon over & drizzle with oil.

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# Harvest of the Month

*Ruby Red Grapefruit*

APRIL  
2019

## Did You Know?

- Grapefruits are considered one of the seven wonders of Barbados
- One grapefruit tree can make 1,500 pounds of fruit.
- Grapefruit was thought to be an accident from the hybridization of pomelo and an orange.
- In 1929, a Texas farmer found a mutated red grapefruit which became the start of the Ruby Red Grapefruit cultivation.
- Grapefruits tend to be sweeter in hotter regions and more acidic in cooler regions.

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