



JANUARY 2018

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Good Eats at:

Special Announcements

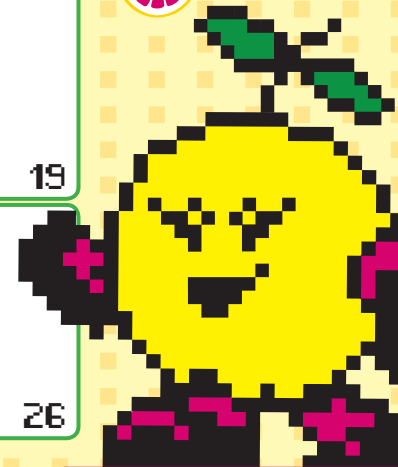
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HAPPY
NEW YEAR!

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Fun facts >
on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

LAUNCH PAD

RUBY RED GRAPEFRUIT GROWING REGION

Rio Grande Valley



FUN FACT

Grapefruit got its name from growing in bunches just like grapes.

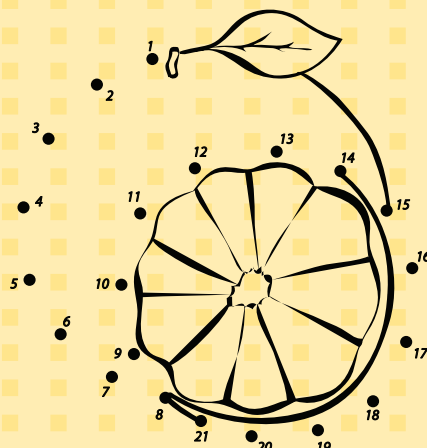
Power UP!

A grapefruit has lots of vitamins A and C, so eating a ruby red grapefruit or drinking its juice helps keep your skin and your eyes healthy, and helps protect your body from getting a cold or the flu.

RUBY Red GRAPEFRUIT

I'm Ruby Red and I'm part of the Texas red grapefruit club. The Texas red grapefruit is the state fruit of Texas. I was found by accident growing on a pink grapefruit tree in the Rio Grande Valley of South Texas. Texas citrus fruits like me grow in places with lots of sunshine and soft ground like South Texas. My sisters Rio Star, Flame and I can be found in supermarkets year round, but we taste the best from December through April.

Connect the DOTS



Island Fun Pasta SALAD

INGREDIENTS

- 2 cups Pasta, whole grain, corkscrew
- 1 cup Romaine lettuce, shredded
 - 1 cup Grapefruit chunks, fresh or canned
 - ½ cup Mango, peeled, sliced
 - ½ cup Red Cabbage, Shredded
 - ½ cup Onions, chopped
 - 1 cup Yogurt, low-fat, plain or vanilla
 - Orange

PREPARATION

- 1.** Cook pasta as directed on package. Drain. **2.** In a small bowl, combine yogurt and juice of the orange. **3.** Combine lettuce, pasta, grapefruit, mango, cabbage and onion in large bowl. **4.** Pour dressing over. Mix until all parts are coated.

Serving Suggestions:

This salad can also be made using lemon, grapefruit or lime juice. Serve as a snack or a side dish.

Recipes courtesy of: www.whatscooking.fns.usda.gov

Joke of the MONTH

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Q. Why did the grapefruit stop at the top of the hill?

A: Because it ran out of juice.