



WAVECREST &
CAFE

Harvest
of the
Month™

*ARE PROUD TO
FEATURE:*



GRAPEFRUIT

DID YOU KNOW???

**THE GRAPEFRUIT WAS ORIGINALLY
CALLED THE "FORBIDDEN FRUIT."
THE NAME WAS CHANGED AFTER
FARMERS IN JAMAICA SAW THAT
THEY GREW IN BUNCHES SIMILAR
TO GRAPES.**

**ONE CUP OF
GRAPEFRUIT
CONTAINS
119% CALCIUM
5% VITAMIN B6
5% MAGNESIUM
3.7G FIBER
ALL OF THESE
NUTRIENTS ARE
ESSENTIAL TO
KEEPING OUR
IMMUNE AND HEART
SYSTEMS HEALTHY**

