

# Pummelos

Known for their unique taste and amazing health benefits, Pummelos are as unique as they are nutritious! With its thick rind, and sweet, aromatic segments, Pummelos are often sought out for their light, crisp taste and beautifully complement seasonal salads and tasty marmalades.



**Pack Styles:**  
Standard Carton

**Seasonality:**  
October - February

### **Nutritional Benefits:**

- Excellent source of vitamin C
- Great source of fiber

### **Characteristics:**

- Largest citrus fruit
- Slight point on one end
- Skin varies in greenish hues
- Sweeter than traditional grapefruit
- White, pink or red flesh

### **Foodservice**

- Great addition to winter salads, marmalades, and tarts

### **Seasonal Opportunities**

- Winter: Great for Chinese New Year promotions

