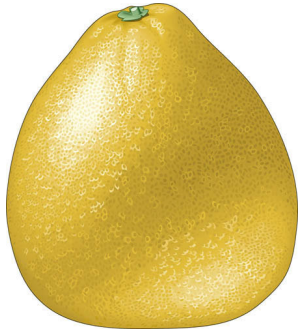


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# Pomelos



- ◆ Pomelos are very much an Asian fruit that is very rare to be found in America.
- ◆ Sometimes called the Chinese Grapefruit for its sweet citrus flavor.
- ◆ It is considered to be among the largest and juiciest fruits on earth.
- ◆ The outer skin goes from green to pale yellow when ripe.
- ◆ The flesh is white and rarely pink or red. Also, this flesh tastes sweet and adds a blast of sourness in the mouth.
- ◆ Experts regard this fruit as a mine of vitamin C.
- ◆ Pomelo flowers are highly aromatic and are often used to prepare fragrance in various parts of Asia, especially in North Vietnam.
- ◆ Pomelo skin is used to make a preservative in candy confections.
- ◆ The skin of the pomelo has medicinal value. For example, raw pomelo skin is very helpful for patients who have excessive coughing problems.
- ◆ The best way to eat pomelo is fresh. However, there are other interesting ways... adding slices of pomelo to desserts and squeezing the juice to make beverages.

