Pomelos

♦ Pomelos are very much an Asian fruit that is very rare to be found in America.

♦ Sometimes called the Chinese Grapefruit for it’s 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.