

*Citrus x paradisi*

[Synonyms : *Citrus decumana*, *Citrus grandis* var. *racemosa*, *Citrus maxima* var. *uvacarpa*, *Citrus paradisi*]

**GRAPEFRUIT** (Czech, English, German, Thai) is an evergreen, hybrid shrub or tree. From the West Indies, possibly Jamaica, it has small white flowers.

It is also known as *Arancio maggiore* (Italian), *Buah jeruk kecut* (Malay), *Bưởi chùm* (Vietnamese), *Bưởi dầy* (Vietnamese), *Bưởi vỏ dĩnh* (Vietnamese), *Cây bưởi chùm* (Vietnamese), *Citruso paradiza* (Esperanto), Common grapefruit, Forbidden fruit, *Grapefrugt* (Danish), *Grapefrukt* (Swedish), *Greipfrut* (Russian), *Greippi* (Finnish), *Greyfurt* (Turkish), *Gureepufuruushu* (Japanese), *Gureepufuruutsu* (Japanese), *Kièngz s'aangz* (Laotian), *Krôôch thlông* (Khmer), *Laring tar-rjus* (Maltese), *Limau gedang* (Indonesian, Malay), *Pampelino* (Italian), *Pampelmusa* (Spanish), *Pampelmuse* (German), *Pampelmusenbaum* (German), *Pamplemousse* (French), *Pamplemoussier* (French), Paradise citrus, Pomelo (English, Spanish), *Pompelmo* (Italian), *Pompelmoes* (Dutch), *Pompelmus* (Danish, Swedish), *Pompel'mus* (Russian), *Pu tao yu* (Chinese), *Quả bưởi chùm* (Vietnamese), *Toronja* (Filipino/Tagalog, Spanish), and Western grapefruit.

Pink varieties, which are sweeter, have a pinkish-red flush to the skin and pink flesh.

Essential oils are extracted from the skin and the seeds.

*Paradisi* means 'of or from Paradise'.

Authorities believe that the grapefruit is the result of a spontaneous cross, only a few hundred years ago in the West Indies, between the pomelo (*Citrus maxima*) and the sweet orange (*Citrus sinensis*). Some authorities believe that the first written mention of grapefruit as 'forbidden fruit' occurred in 1750 when it was stated that it grew in Barbados. It was first recognized as a distinct species in the early 19<sup>th</sup> Century.

It is said that a French surgeon in Napoleon's army was captured by the British in October 1805 at the Battle of Trafalgar and sent to the Bahamas as a prisoner. The grapefruit grew widely there and following his release, memories of the Islands and their light yellow-skinned fruit haunted him as he practised medicine in South Carolina on mainland North America, so much so that he eventually moved further south to Florida where he established a citrus plantation. From this time there was a rapid expansion in these plantations which sprang up in Texas, Arizona and, eventually, California.

Authorities note that the North American Seminole Indians in Florida ate the fruit.

In 1914 the grapefruit was introduced to Palestine.

Today the food industry uses the fruit to make marmalade and to provide pectin, and the waste material is used as cattle fodder. The essential oil is a commercial ingredient in the manufacture of soap.