

PUMELO – PLU 3129 (RED) & 4279 (WHITE)



Description/Taste

Pronounced pum-MEL-o and the largest of all citrus fruits, the pomelo is slightly round or pear-shaped. Greenish to yellow to pinkish, it's wrapped in a very thick skin and may be five to ten inches in diameter. Ranging from the size of a baby cantaloupe to almost basketball size, this fruit can weigh several pounds. The pulp may be rich pink, pale pink, light yellow or whitish and varies in taste from one variety to another. It may be juicy or a bit dry, acidic to sweet and seedy to nearly seedless. No matter what, however, they are never bitter.

Seasons/Availability

Grown locally in San Diego, California, pomelo season begins in the fall and continues into April or May.

Current Facts

The word pomelo means grapefruit in Spanish.

Nutritional Value

This nutritious fruit provides a source for vitamin C, vitamin A, protein, calcium, potassium, carbohydrates and dietary fiber.

Applications

Every bit of the heavy pith and membrane must be removed to make this giant gem edible. Cut off ends; score skin; peel away pith and rind. Separate segments, pulling or cutting off the membrane. Serve like grapefruit sections. Pair with seafood, coconut, papaya, peanuts, chile, garlic, and Thai or Asian spices. The thick peel may be candied. To store, refrigerate. Use promptly for optimum quality and flavor.

Geography/History

Sometimes called the Chinese grapefruit, this giant fruit is very popular in the Malaysia-Indochina region where it originated. Pomelos thrive in tropical lowlands and love to be around brackish water conditions, unlike other citrus. Believed to be an ancestor to grapefruit, an East Indian ship captain by the name of Shaddock first brought the seeds of this fruit to the West Indies in the mid-seventeenth century. Thus, the pomelo is often referred to as a Shaddock, among other aliases. Relatively new to California, the pomelo, also spelled pomelo, is rarely found in the eastern part of the United States.