

UGLI FRUIT

HARVEST OF THE MONTH

Jamaican January

The Ugli fruit was discovered 80 years ago growing wild in Jamaica. It's a cross between a Seville orange, grapefruit, and tangerine. Don't let their name or appearance fool you, they are extremely sweet and perfectly tangy.



January

Unusual Ugli Fruit

Easily peeled and may be eaten like a tangerine, or cut in half and eaten like a grapefruit

Nutrient Content

Fiber lowers your risk of heart disease and type 2 diabetes. Vitamin C is essential in collagen formation, the connective tissue found in gums, muscles, and skin.