

Pomelo

History

The pomelo originates in southeastern Asia and Malaysia. It was brought to the United States in the 17th century, but it is not a popular fruit here. They are grown in tropical and subtropical areas. A small crop of pomelos are grown in California and Florida but are also commercially cultivated in Asia and Israel.

Pomelos are an excellent source of vitamins A and C, fiber, potassium, iron, and calcium. The peel of the pomelo is very thick and fibrous but can be easily removed. The thick peel helps to protect the fruit, therefore, pomelos keep for a longer time. The peel is usually not eaten raw because of its bitter taste. It is sometimes candied, made into marmalade, eaten with chocolate, or used as a seasoning for meat dishes.

The pomelo is the largest type of citrus fruit that belongs to the Rutaceae family. The pomelo is also called Chinese grapefruit, shaddock, pulemo, or pompelmous. In China, the pomelo is seen to be a fruit of good luck.



Fun Facts

- Pomelos grow on trees that can grow between 15-50 feet tall.
- The trees have large evergreen leaves.
- Pomelos produce flowers up to four times per year that are large and purple. Flowers can sometimes be white.
- Pomelo flowers are used to make perfumes, because they are so fragrant.
- Wood of pomelo trees is manufactured into tool handles.
- In China, leaves of pomelo trees and rinds of the fruit are boiled and used for ritual cleansing of the body.
- Grapefruit is a hybrid produced by crossbreeding a pomelo and an orange.
- Tangelo is a hybrid produced by crossbreeding a pomelo and tangerine.



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