

# Grapefruit Peel and Powder Profile

## Also known as

Citrus x paradise, Shaddock, Forbidden Fruit of Barbados

## Introduction

The grapefruit is not even 300 years old, and at the time of its 'discovery' was considered a horticultural accident during the 1700's. An Englishman by the name of Captain Shaddock brought the seeds to the West Indies from Polynesia in 1693. There are no records to prove it, but many theorize that the grapefruit is a cross between a Pomelo and a Sweet Orange, but no one knows for sure how it came about. By 1750, it was known as the 'Forbidden Fruit' or a smaller shaddock, after the mariner who brought it to the Caribbean. It did not make an appearance on American shores until 1823 when it was brought to Tampa, Florida from the Bahamas, where it flourished in the heat. It still did not become widely popular until the late 19th century. Today the USA is the world's major producer of the fruit. The current name is a reference to the way the fruit clusters on the tree which is similar to a bunch of grapes.

## Constituents

## Parts Used

Every part of the fruit can be eaten and utilized

## Typical Preparations

Peel is used as a tea, body scrub, in the bath and may also be used to make extracts

## Summary

Still considered one of the 7 wonders of Barbados, the grapefruit is high in vitamin C, fiber, potassium, iron, and calcium. It is considered an excellent antioxidant. When used in body care products, it is said to promote the synthesis of new collagen, improve skin tone, and be an excellent base ingredient in facial masks of all sorts. Studies show that the grapefruit contains bioflavonoids that protect against cancer and heart disease, and that it may help lower cholesterol.

## Precautions

When ingested, grapefruit in any form can react unpredictably with certain medications. Please consult a physician when starting any new regimen.