

— GRAPES —

What are they?

- Grapes are small, round berries that grow in clusters on a vine.
- Grapes come in many different colors including white, red, black, blue, green, purple and golden.
- Grapes are known as “Nature’s Candy” because of their sweet taste.



When are they available?

- Harvested from May-January in California
- California produces about 97% of all the grapes sold in the U.S.
- USA imports 25% of their grapes from Chile.

What’s so cool about them?

- There are over 8,000 grape varieties worldwide. In California alone, there are over 50 different varieties of grapes.
- Some varieties produce large grapes with seeds and others produce smaller grapes without seeds in the middle .
- Concord grapes are one of the few examples of fruits native to North America.
- The oldest grapevine in America is a 400 year old Scuppernong vine in North Carolina.
- The only continent that doesn’t support the production of grapes is Antarctica.
- Raisins are made out of dried grapes. Fresh grapes are about 80% water while dried grapes (raisins) are about 15% water.



Why should I eat them?

- Grapes are an excellent source of Vitamin C, which helps boost your immune system and promote wound healing.
- Also high in Vitamin K, which helps with blood clotting.
- Grapes are also a good source of copper, which helps with red blood cell formation.

