

# Grapes

## Benefits of grapes:



High in Vitamin C & K

May help reduce cholesterol.

High in antioxidants to prevent heart disease and some cancers.

## When are they in season?



Harvested from May-January in California.

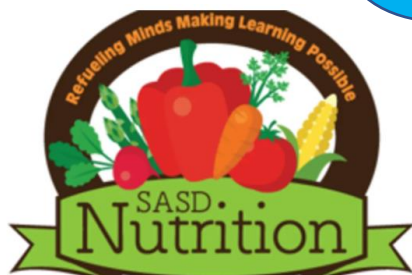
## Food Safety for grapes

**Wash** grapes with running water. Throw out damaged or bruised ones.

**Store** grapes in the refrigerator.

**Separate** grapes from meat. Use different cutting boards for meats and fruits.

**Did you know... Grapes are actually berries. The word "berry" means "grape" in Old English.**



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

Miller-Wilson, K. (n.d.). 20 Facts You Probably Don't Know About Grapes. Retrieved January 08, 2021, from [https://wine.lovetoknow.com/wiki/Facts\\_About\\_Grapes](https://wine.lovetoknow.com/wiki/Facts_About_Grapes)

Groves, M. (2018, August 22). Top 12 Health Benefits of Eating Grapes. Retrieved January 08, 2021, from [https://www.healthline.com/nutrition/benefits-of-grapes?scrlvbrkr#TOC\\_TITLE\\_HDR\\_5](https://www.healthline.com/nutrition/benefits-of-grapes?scrlvbrkr#TOC_TITLE_HDR_5)

Author: Kat Jeter & Melinda Caldwell, Author, & Caldwell, K. (2019, June 04). Easy Grape Salad. Retrieved January 08, 2021, from <https://www.homemadeinterest.com/easy-grape-salad/>

Pictures: Creative Commons

## Grape Salad

Serves 5

### Ingredients

- 8 ounces cream cheese
- ¼ cup granulated sugar
- 1 cup sour cream
- 2 teaspoons vanilla extract
- 2 pounds red seedless grapes
- 2 pounds green seedless grapes
- ¼ cup brown sugar
- ½ cup pecans, roughly chopped

### Directions

1. In small bowl, combine cream cheese and sugar. Mix with hand mixer until creamy.
2. Add sour cream & vanilla extract to the cream cheese mixture. Mix.
3. Place the washed red & green grapes in large bowl. Spoon cream cheese mixture over grapes.
4. Fold the ingredients together until grapes are well coated.
5. Fold in the pecans & sprinkle with brown sugar.
6. Place in refrigerator until ready to be served.



### Other Ideas:



Frozen grapes

Chicken salad

Grape jam