

# Grapes

## Uvas



Try It!



## Selection

When buying grapes look for firm, plump, well colored clusters that are securely attached to their green stems. Avoid dry and brittle stems and moldy, wet or shriveled grapes.

Unlike some fruits, grapes will not improve or ripen after they are harvested.

## Uses

Some of the most popular ways in which grapes are used are eaten fresh, dried into raisins, or made into jam, jelly, 100% juice or wine.

### MAGICAL FRUIT SALAD

#### Ingredients

- 1 cup fat-free, plain yogurt
- 1 Can Pineapple chunks (20 ounce)
- 1/2 Pound Grapes, seedless, red or green
- 2 Bananas
- 1 3/4 C Nonfat or lowfat milk
- 1 Package Pudding mix, instant, lemon or vanilla (3.5 ounce)

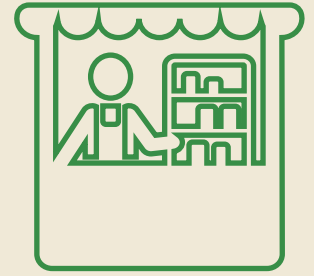
#### Instructions

1. Drain off juice. Put chunks in a large bowl.
2. Rinse the grapes and drain. Add the grapes to the bowl.
3. Peel the bananas and cut into bite-sized pieces. Add to the bowl.
4. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.
6. Refrigerate leftovers within 2 hours.

# History & Fun Facts

Grapes are one of the oldest fruits to be grown. Grapes can be traced back as far as biblical times. Spanish explorers introduced grapes to America about 300 years ago. Most grapes eaten in the United States are grown in California.

Grapes come in many colors; black, blue, blue-black, golden, red, green, and purple. Grapes come in more than 50 varieties. The two main types are American and European, which are available as seeded or seedless. Common varieties include Thompson, Flame, Ruby, Perlette and Tokay.



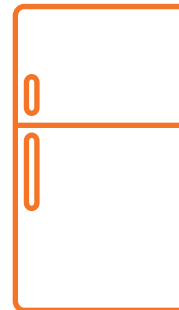
## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

## Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Store in perforated plastic bags as this will help maintain moisture but allow for air flow. Grapes like low temperatures and high humidity.
- Best eaten within 2 to 3 days, but if properly stored, grapes can last 3 weeks.
- Store fruits separately from vegetables. Fruit can absorb some of the odors that vegetables give off.
- Wash before use, using cool running water. Drain and dry.



### NUTRITION FACTS

Fat free

Cholesterol free

Sodium free

Good source of fiber

Good source of Vitamin C

High in potassium



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## Swipe & Shop



## FOR MORE INFORMATION...

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Primary Sources: Ohio State University Extension "Selecting, Storing, and Serving Ohio Grapes", 2010.

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