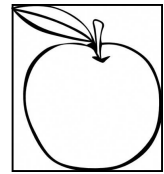


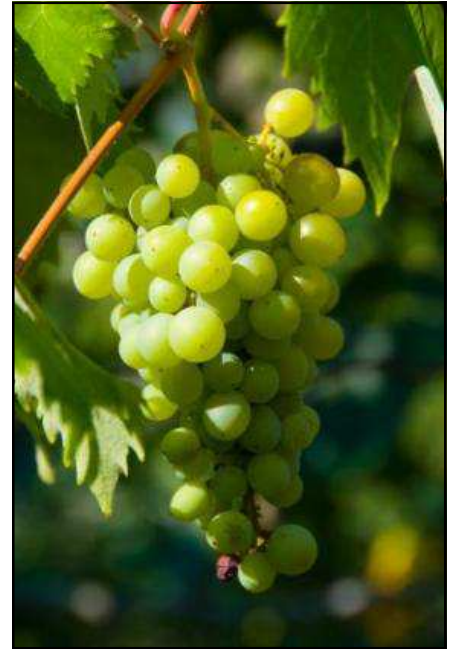
GRAPES



In the garden:



https://upload.wikimedia.org/wikipedia/commons/b/b9/Grapes_growing_the_Redwood_Valley_of_Mendocino.jpg



http://cf.ltkcdn.net/garden/images/std/110331-285x425-Grapes_on_vines.jpg

Ready to eat:



http://www.foodsniff.com/blog/wp-content/uploads/2013/11/grapes_purple2-2.jpg



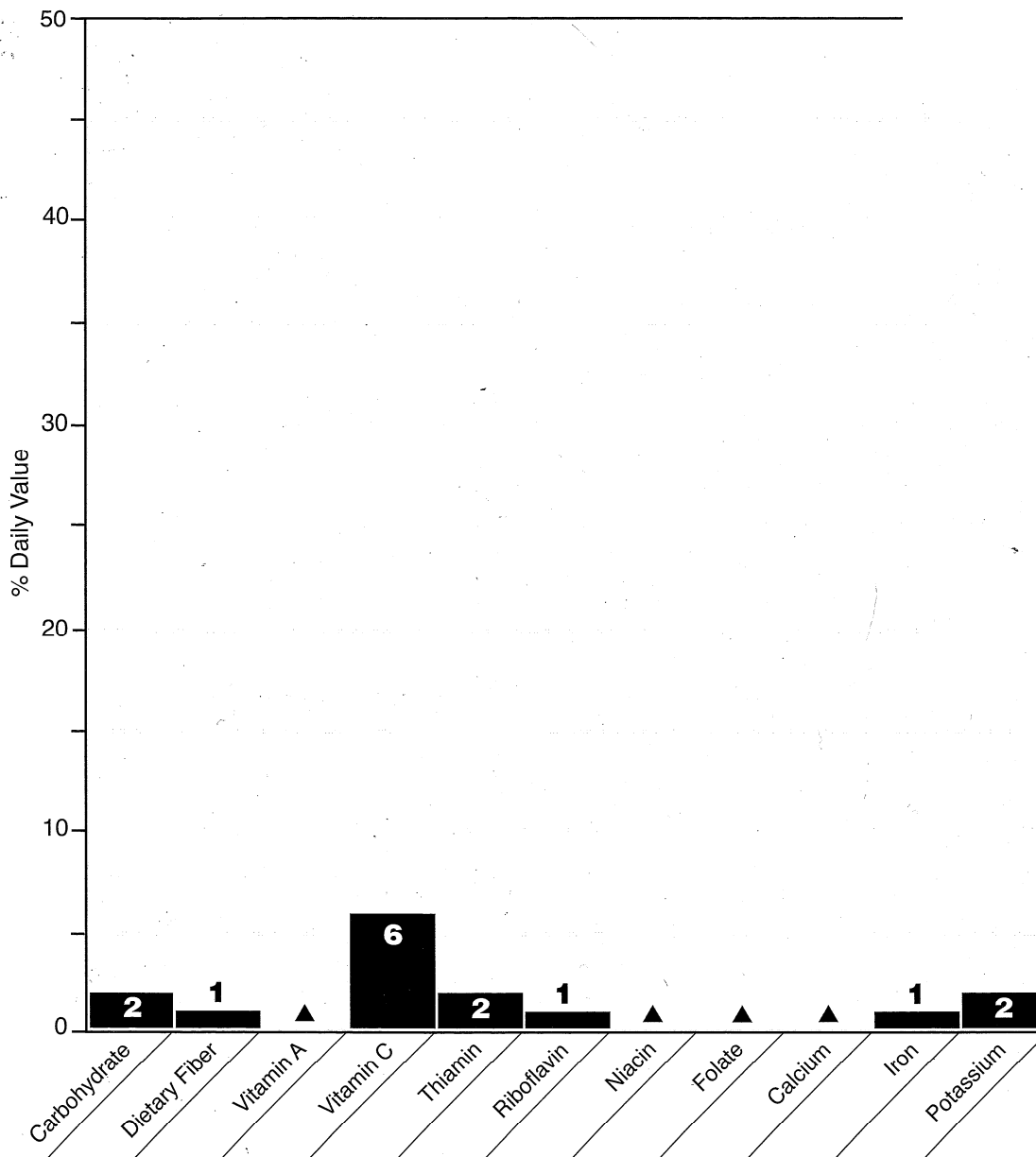
http://cdn2-b.examiner.com/sites/default/files/styles/image_content_width/hash/26/f1/26f1acf9cc413f997c9dd3e7f7f1f469.JPG?itok=uowKUL8N

FUN FACTS:

- The oldest grapevine in America is in North Carolina and is 400 years old!
- Grapes are classified as berries and contain vitamins K and C.
- Grapes can be red, black blue, green, purple or golden!

GRAPES

Nutrition Facts



Serving Size

- 15 Grapes
- 35 Grams
- 24 Calories
 - 2% from fat
 - 3% from protein
 - 94% from carbohydrate
- 0.3 Gram Protein
- 6 Grams Carbohydrate
 - 0.3 gram dietary fiber
- 0.1 Gram Fat
- 28 Grams Water
- 1 Milligram Sodium

▲ Trace

From California Department of Education, 2007

Grapes are full of Vitamin C to help heal your cuts and wounds.

Magical Fruit Salad

Ingredients

- 1 can pineapple chunks, drained (20 ounces)
- 1/2 pound seedless red or green grapes, washed and drained
- 2 bananas, peeled and cut into bite-sized pieces
- 1 3/4 cup non-fat or low-fat milk
- 1 package instant vanilla or lemon pudding (mix 3 1/2 ounce)

Directions

1. Put pineapple chunks in a large bowl.
2. Add the grapes to the bowl.
3. Add banana pieces 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.

from: www.growhappykids.org

Storage tips:

- Store grapes in the refrigerator, unwashed
- Rinse grapes just before serving or adding to a recipe
- Grapes, like other berries will absorb odors. Avoid storing next to strong smelling vegetables



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USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.



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