



## **Fresh Facts About Grapes From California**

### **Origin and Season**

- Today nearly 100 percent of the commercially grown table grapes produced in the United States are from California.
- Some 500 farmers produce California's fresh grape crop, most of them family farmers who have spent generations growing California grapes.
- California grapes are available from May through January.

### **Varieties**

- Fresh grapes from California come in three vibrant colors: green, red and blue-black.
- There are more than 70 varieties of fresh grapes grown in California, and each variety has characteristics and flavors all its own.

### **Selection and Storage Suggestions**

- Grapes are fully ripe when they arrive at the supermarket.
- Look for plump grapes with pliable green stems.
- Keep grapes unwashed and refrigerated in a plastic bag until ready to use, then rinse with cold water and serve, or add to recipes.

### **Usage**

- Grapes are a portable, low-calorie snack ideal for eating anytime, anywhere.
- Fresh California grapes add color, crunch, and a light touch of sweetness to meals. Try them in salads, side dishes, entrees and desserts.

### **Nutrition and Health Benefits**

- A 3/4 cup serving of grapes contains just 90 calories, no sodium or cholesterol and virtually no fat. Grapes contain potassium and vitamin K, as well as a small amount of fiber and other vitamins and minerals.
- Grapes are a natural source of beneficial plant compounds, including polyphenols and other antioxidants.
  - Resveratrol, a type of polyphenol, is a component of the grape skin and found in all three colors of grapes: green, red and blue-black varieties. Studies suggest that it may offer intriguing health-promoting capabilities.
  - Polyphenols, including flavonoids, may help support a healthy heart.
  - Antioxidants may help maintain health by defending against damaging free radicals that can harm cells.

To learn more about Grapes from California visit [www.grapesfromcalifornia.com](http://www.grapesfromcalifornia.com)