

May 22, 2017



May marks the start to the fresh California table grape season. Whether your favorite is green, red or black, you'll find that California grapes add a pop of color, flavor and freshness that shouts out springtime! The natural sweetness of grapes makes them a perfect partner for many dishes, from entrees to salads to desserts and for snacks between meals. Of course, California grapes will brighten up springtime desserts too!

Seasonal Bites



Honey-Balsamic Chicken with California Grapes

A delicious combination of savory, sweet and tart, this recipe is elegant enough for company and simple enough for a weeknight dinner. The balsamic vinegar simmers down to a luscious glaze that lightly coats the chicken and grapes, and an accent of chopped rosemary brings out the best in this dish!



Farro with Arugula and Grapes

The ancient grain farro is a member of the wheat family. A whole grain, farro adds texture and a nutty flavor to springtime salads. In this dish, sweet California grapes offset the spicy sharpness of baby arugula, and their juicy crunch pairs nicely with walnuts and farro. Chives and lemon bring a springtime twist to the pesto vinaigrette.



Fresh Fruit Pizza

Everyone loves pizza, and dessert pizza is no exception! Made on a sugar cookie dough crust, this fruit pizza gets its creaminess from a combination of cream cheese and sour cream. Bright, beautiful black and red California grapes stand out against the cheese filling and green kiwifruit slices, and their juicy, sweet flavor makes this a springtime dessert to remember.

Good to Know

Recent research from the University of California, Los Angeles, showed that a grape-enriched diet helped protect against metabolic brain decline in Alzheimer's related areas of the brain, among people with early memory decline. Subjects who didn't consume grapes exhibited significant metabolic decline in these critical regions. Additionally, those consuming the grape-enriched diet showed beneficial changes in regional brain metabolism that correlated to improvements in cognition and working memory performance.¹

¹ Lee, J., Torosyan, N., and Silverman, D.H. (2017). Examining the impact of grape consumption on brain metabolism and cognitive function in patients with mild decline in cognition: A double-blinded placebo controlled pilot study. *Experimental Gerontology*, 87 (Pt A):121-128.

