



# A bunch OF COOL FACTS

## California: The State of Your Local Grape

- ✓ 99% of the table grapes grown in the United States are from California.
- ✓ Growing table grapes is a family tradition in California, with know-how passed generation to generation.
- ✓ California grapes are grown throughout a long season and are available from May through January.



### Beautiful, *varied* and Delicious

- ✓ Fresh Grapes from California come in three vibrant colors: green, red, and black.
- ✓ There are more than 80 varieties of fresh grapes grown in California, and each variety has characteristics and flavors all its own.



### A Most *versatile* Fruit

- ✓ Grapes from California are a healthy, portable snack ideal for eating anytime, anywhere.
- ✓ Fresh grapes add color, crunch, and a light touch of sweetness to meals. In salads, side dishes, entrees, and desserts, grapes make the plate!



### How to Buy, Store and *serve*

- ✓ Grapes are fully ripe when they arrive at the supermarket.
- ✓ Look for plump grapes with pliable green stems.
- ✓ See a powdery-white coating on the grapes? That's bloom and it's good! Bloom is a naturally occurring substance that protects grapes from moisture loss and decay.
- ✓ Keep grapes unwashed and refrigerated in a plastic bag until ready to use, then rinse with cold water and serve, or add to recipes.



### Grapes for Nutrition, *health* and Vitality

- ✓ A 3/4 cup serving of grapes contains just 90 calories, no fat, no cholesterol, and virtually no sodium. Grapes are a good source of vitamin K.
- ✓ Grapes are a natural source of beneficial plant compounds, including antioxidants and other polyphenols.
  - Research suggests that grapes help promote heart, brain, GI, and skin health.



Go with Grapes from California every day for a whole bunch of *healthy*