

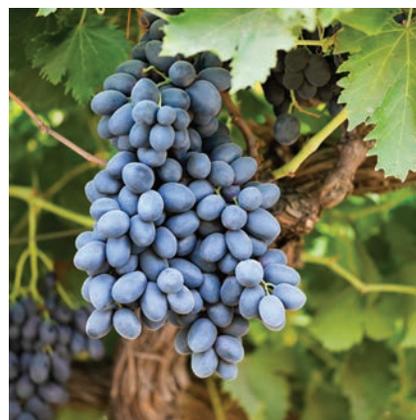
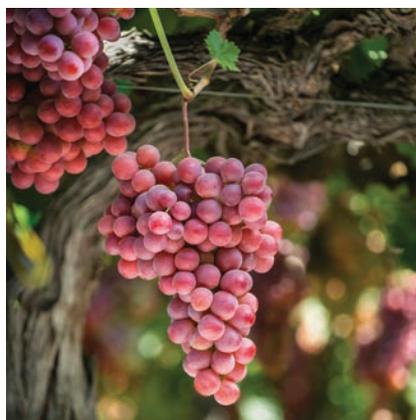
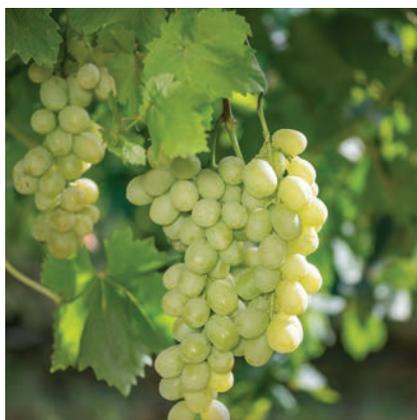
GRAPES from California

A Bunch of Cool Facts



California: The State of Your Local Grape

- ▶ 99% of 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 85 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 and tasty 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 until ready to use, then rinse with cold water and serve, or add to recipes.

Grapes for Nutrition, Health and Vitality

- ▶ A $\frac{3}{4}$ cup serving of grapes contains just 90 calories, no fat, no cholesterol and virtually no sodium. Grapes are an excellent source of vitamin K.
- ▶ Grapes are a natural source of beneficial plant compounds, including antioxidants and other polyphenols.
 - Mounting evidence suggests that the polyphenols found in all colors of table grapes support a healthy heart.
 - Research is ongoing to uncover the links between grapes and healthy aging.

To learn more about Grapes from California visit www.GrapesfromCalifornia.com

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