**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.

---

**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 ¾ 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](http://www.GrapesfromCalifornia.com) or visit us on [Facebook](#), [Pinterest](#), [Twitter](#), [Instagram](#).