



Social Media Content

Tweets

Fun fact: Did you know that there are more than 80 varieties of #GrapesfromCA available from May-January each year?

#GrapesfromCA are ripe, ready-to-eat & in plentiful supply! Look for the USA or CA label wherever you shop for grapes.

LUNCH TIP: Mix fresh #GrapesfromCA into your favorite chicken or tuna salad to add crunch, flavor and color! <http://bit.ly/1iO5avX>

A 3/4 cup of #CAGrapes contains just 90 calories and no fat or cholesterol. <http://bit.ly/1rYhSsg>
#SmartSnacking #funfact

#Grapetip: Store #GrapesfromCA unwashed in the refrigerator to maximize shelf life; rinse just before serving or adding to a recipe.

June is National Fresh Fruit & Vegetables Month and there's no better way to celebrate than by stocking up on delicious #GrapesfromCA!

Good health and good taste can go together! Studies show grapes can play a role in helping to maintain a healthy heart #GrapesfromCA

THE NATURAL SNACK: #GrapesfromCA help satisfy your need to nosh. So skip the chips and snack on!

GLUTEN FREE GOODNESS: #GrapesfromCA add flavor & crunch to GF whole grain salads and sides, like this quinoa fave <http://bit.ly/1WHqr94>

You'll find antioxidants & other polyphenols in the skin, flesh & seeds of all three colors of [#GrapesfromCA – so grab a bunch #healthysnack](#)

Serve frozen #GrapesfromCA in place of ice cubes in your favorite drinks for a fun & festive touch this #4thofJuly.

Facebook Posts

Health



Snack attack? Studies show we tend to eat the foods we see first when hunger hits. Store California grapes front and center in the refrigerator in a clear bag or bright colored bowl to make smart snacking a cinch!

Or try Frozen Grapes: just rinse, pat dry and pop them in the freezer! Two hours later you've got a cool treat.

Fun Fact



Did you know that Grapes from California are America's local grapes? 99% of fresh grapes grown in the U.S. come from California. California grapes are found in supermarkets across the U.S. between May through January.

Backyard Grilling



Ditch the chips and offer California grapes as a fresh side to grilled burgers at your next backyard barbecue.

Backyard Grilling



Your friends and family will love these scrumptious Mediterranean Grilled Chicken and Grape Skewers made using fresh Grapes from California.



<http://bit.ly/1llmvXp>

Fresh Start






Mix up your morning routine with this delicious Breakfast-to-go Grape Smoothie featuring in-season, juicy California grapes.

<http://bit.ly/V3Ski1>

<p>Cool Treats</p> 	<p>July is National Ice Cream Month! Don't do dairy? Satisfy your sweet tooth with this Black Grape Sorbet, made with delicious Grapes from California.</p> <p>http://bit.ly/1IVCpfB</p>
<p>Easy Healthy Snacks</p> 	<p>For a light summer snack that won't weigh you down, enjoy irresistible Grapes from California! A 3/4 cup serving contains just 90 calories but no fat, no cholesterol and virtually no sodium.</p>

Pinterest Posts

	<p>At summer gatherings, keep things simple by serving foods that require very little prep time such as cheese and fresh Grapes from California.</p>	<p>http://bit.ly/R4HXIU</p>
	<p>These fresh and flavorful Grilled Salmon Tacos with Grape Pico de Gallo will have friends and family asking for seconds (and thirds!).</p>	<p>http://bit.ly/1rggFLg</p>
	<p>Who doesn't love a fresh fruit pizza? In this recipe, Grapes from California and kiwifruit taste great and look gorgeous atop a sugar cookie crust.</p>	<p>http://bit.ly/1xOtwKE</p>



California grapes are always a welcome – and easy - addition to a party platter.

<http://bit.ly/1xOtwKE>



This salad combines four superfoods - grapes, almonds, spinach and quinoa - then tosses them in an orange-mustard vinaigrette for powerfully delicious – and satisfying entrée salad.

<http://bit.ly/1suu2wJ>



Classic Grape Salsa – For a fresh twist on a Latin favorite, make this fresh grape salsa. [Yes, grapes go almost anywhere a tomato goes!] Add as much heat as you desire, either with spicier peppers or a few extra dashes of hot pepper sauce.

<http://bit.ly/1xeJX10>