















## Social Media Content

The following pages contain ready-to-go social media posts for your use. The posts focus on all things grapes: healthy tips, recipes, and fun facts about grapes from California. Platform-specific photos for each post are also available - just contact us at [info@grapesfromcalifornia.com](mailto:info@grapesfromcalifornia.com). For Pinterest, visit us at [pinterest.com/GrapesfromCA/](https://pinterest.com/GrapesfromCA/) for more grape content to repin and share with your followers.






## Tweets

1	<p>The Anytime Snack</p> 	<p>Studies show we tend to eat the foods we see first when hunger hits...so store #GrapesfromCA front and center in the refrigerator in a clear bag or bright-colored bowl to snack smart any time!</p> <p>Handle to tag: @GrapesfromCA</p>
2	<p>Frozen Grapes</p> 	<p>Ever try frozen grapes? They're like small orbs of healthy sorbet! Just rinse and pop in the freezer, and two hours later you've got a cool treat. So go with frozen #GrapesfromCA for an easy, guilt-free dessert during the summer.</p> <p>Handle to tag: @GrapesfromCA</p>
3	<p>All About California Grapes</p> 	<p>Did you know that 99 percent of fresh table grapes grown in the U.S. come from California?! #GrapesfromCA, America's local grapes, can be found in supermarkets across the U.S. from May through January.</p> <p>Handle to tag: @GrapesfromCA</p>
4	<p>Grilling with Grapes</p> 	<p>Skip the chips and offer #GrapesfromCA as a fresh and healthy side to grilled burgers at your next backyard barbecue!</p> <p>Handle to tag: @GrapesfromCA</p>
5	<p>Grilling with Grapes</p> 	<p>Your family will love these delicious Mediterranean Grilled Chicken and Grape Skewers featuring fresh #GrapesfromCA.</p> <p>Handle to tag: @GrapesfromCA</p> <p>Link:  <a href="https://www.grapesfromcalifornia.com/recipes/mediterranean-grilled-chicken-grape-skewers/">https://www.grapesfromcalifornia.com/recipes/mediterranean-grilled-chicken-grape-skewers/</a> </p>



6	<p>Go with Grapes for Breakfast</p> 	<p>Mix up your morning routine with this delicious Breakfast-To-Go Grape Smoothie featuring in-season, juicy #GrapesfromCA...perfect for both you and the kids!</p> <p>Handle to tag: @GrapesfromCA</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/breakfast-go-grape-smoothie/">https://www.grapesfromcalifornia.com/recipes/breakfast-go-grape-smoothie/</a></p>
7	<p>Grape Sorbet</p> 	<p>July is #NationalIceCreamMonth! Satisfy your sweet tooth with this Black Grape Sorbet, dairy-free and made with delicious #GrapesfromCA.</p> <p>Handle to tag: @GrapesfromCA</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/black-grape-sorbet/">https://www.grapesfromcalifornia.com/recipes/black-grape-sorbet/</a></p>
8	<p>Summer Snack</p> 	<p>For a light and refreshing summer snack that won't weigh you down, enjoy irresistible #GrapesfromCA! A 3/4 cup serving contains just 90 calories, no fat, no cholesterol, and virtually no sodium.</p> <p>Handle to tag: @GrapesfromCA</p>
9	<p>Grapes and Cheese</p> 	<p>#GrapesfromCA and cheese of all kinds pair deliciously together and make the perfect snack or appetizer that requires very little prep time!</p> <p>Handle to tag: @GrapesfromCA</p>
10	<p>Grilled Salmon Tacos with Grape Pico de Gallo</p> 	<p>Try these delicious Grilled Salmon Tacos with Grape Pico de Gallo. #GrapesfromCA add a unique burst of fresh flavor to this summer grilling recipe that will leave everyone wanting more!</p> <p>Handle to tag: @GrapesfromCA</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/grilled-salmon-tacos-grape-pico-de-gallo/">https://www.grapesfromcalifornia.com/recipes/grilled-salmon-tacos-grape-pico-de-gallo/</a></p>
11	<p>Fresh Fruit Pizza with Grapes</p> 	<p>Who doesn't love a fresh fruit pizza?! #GrapesfromCA and kiwi taste delicious and are beautiful in this kid-friendly summer dessert recipe.</p> <p>Handle to tag: @GrapesfromCA</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/fresh-fruit-pizza/">https://www.grapesfromcalifornia.com/recipes/fresh-fruit-pizza/</a></p>
12	<p>Superfood Salad with Grapes</p> 	<p>Try this delicious quinoa salad featuring #GrapesfromCA, almonds, and spinach and topped with an orange-mustard vinaigrette for a superfood-packed lunch or dinner.</p> <p>Handle to tag: @GrapesfromCA</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/quinoa-salad-grapes-almonds-spinach/">https://www.grapesfromcalifornia.com/recipes/quinoa-salad-grapes-almonds-spinach/</a></p>





3	<p>Fresh Grape Salsa</p> 	<p>For a unique twist on a traditional favorite, try this Fresh Grape Salsa featuring #GrapesfromCA. (Yes, grapes can 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.</p> <p>Handle to tag: @GrapesfromCA</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/fresh-grape-salsa/">https://www.grapesfromcalifornia.com/recipes/fresh-grape-salsa/</a></p>
14	<p>All About California Grapes</p> 	<p>Did you know that there are 80 varieties of #GrapesfromCA available from May through January each year?!</p> <p>Handle to tag: @GrapesfromCA</p>
15	<p>All About California Grapes</p> 	<p>#GrapesfromCA are ripe, ready to eat, and in plentiful supply! Look for the USA or CA label wherever you shop for grapes.</p> <p>Handle to tag: @GrapesfromCA</p>
16	<p>Lunch Tip – Add Grapes!</p> 	<p>Lunch Tip: Mix fresh #GrapesfromCA into your favorite chicken or tuna salad recipes to add crunch, flavor, and color!</p> <p>Handle to tag: @GrapesfromCA</p> <p>Links: Chicken salad with grapes - <a href="https://www.grapesfromcalifornia.com/recipes/chicken-salad-pecans-grapes/">https://www.grapesfromcalifornia.com/recipes/chicken-salad-pecans-grapes/</a></p> <p>Tuna salad with grapes - <a href="https://www.grapesfromcalifornia.com/recipes/tuna-salad-grapes-lemon-tarragon-dressing/">https://www.grapesfromcalifornia.com/recipes/tuna-salad-grapes-lemon-tarragon-dressing/</a></p>
17	<p>Snack Smart with Grapes</p> 	<p>Did you know? A 3/4 cup serving of #GrapesfromCA contains just 90 calories and no fat or cholesterol. #snacksmart #snackhappy #snackhealthy</p> <p>Handle to tag: @GrapesfromCA</p>
18	<p>Grape Tip!</p> 	<p>#TipTuesday: Store #GrapesfromCA unwashed in the refrigerator to maximize shelf life; rinse just before serving or adding to a recipe.</p> <p>Handle to tag: @GrapesfromCA</p>
19	<p>Celebrate National Fresh Fruit and Vegetable Month with Grapes</p> 	<p>June is #NationalFreshFruitandVegetableMonth and there's no better way to celebrate than by stocking up on delicious #GrapesfromCA!</p> <p>Handle to tag: @GrapesfromCA</p>















20	<p>Grapes are Heart-Healthy</p> 	<p>Good health and good taste can go together! Studies show that grapes are heart-healthy...so go with #GrapesfromCA to love your heart. Handle to tag: @GrapesfromCA</p>
21	<p>The Natural Snack</p> 	<p>Skip the chips. Go with #GrapesfromCA every day for a healthy, natural snack. Handle to tag: @GrapesfromCA</p>
22	<p>Gluten-Free Quinoa Salad with Grapes</p> 	<p>#GrapesfromCA add flavor and crunch to gluten-free, whole grain salads and side dishes, like this quinoa favorite! Handle to tag: @GrapesfromCA Link: <a href="https://www.grapesfromcalifornia.com/recipes/quinoa-tabbouleh-salad-with-grapes/">https://www.grapesfromcalifornia.com/recipes/quinoa-tabbouleh-salad-with-grapes/</a></p>
23	<p>A Whole Bunch of Healthy</p> 	<p>You'll find beneficial antioxidants and other polyphenols in the skin, flesh, and seeds of all three colors of #GrapesfromCA – so grab a bunch! Handle to tag: @GrapesfromCA</p>
24	<p>Frozen Grapes</p> 	<p>Serve frozen #GrapesfromCA as a guilt-free snack, summer dessert, or in place of ice cubes in your favorite drinks for a burst of flavor and fun! Handle to tag: @GrapesfromCA</p>

## Facebook Posts





1	<p>The Anytime Snack</p> 	<p>Studies show we tend to eat the foods we see first when hunger hits...so store grapes from California front and center in the refrigerator in a clear bag or bright-colored bowl to snack smart any time! Handle to tag: @GrapesFromCalifornia</p>
2	<p>Frozen Grapes</p> 	<p>Ever try frozen grapes? They're like small orbs of healthy sorbet! Just rinse and pop in the freezer, and two hours later you've got a cool treat. So go with frozen grapes from California for an easy, guilt-free dessert during the summer. Handle to tag: @GrapesFromCalifornia</p>

3	<p>All About California Grapes</p> 	<p>Did you know that 99 percent of fresh table grapes grown in the U.S. come from California?! California grapes, America's local grapes, can be found in supermarkets across the U.S. from May through January.</p> <p>Handle to tag: @GrapesFromCalifornia</p>
4	<p>Grilling with Grapes</p> 	<p>Skip the chips and offer grapes from California as a fresh and healthy side to grilled burgers at your next backyard barbecue!</p> <p>Handle to tag: @GrapesFromCalifornia</p>
5	<p>Grilling with Grapes</p> 	<p>Your family will love these delicious Mediterranean Grilled Chicken and Grape Skewers featuring fresh grapes from California.</p> <p>Handle to tag: @GrapesFromCalifornia</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/mediterranean-grilled-chicken-grape-skewers/">https://www.grapesfromcalifornia.com/recipes/mediterranean-grilled-chicken-grape-skewers/</a></p>
6	<p>Go with Grapes for Breakfast</p> 	<p>Mix up your morning routine with this delicious Breakfast-To-Go Grape Smoothie featuring in-season, juicy California grapes...perfect for both you and the kids!</p> <p>Handle to tag: @GrapesFromCalifornia</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/breakfast-go-grape-smoothie/">https://www.grapesfromcalifornia.com/recipes/breakfast-go-grape-smoothie/</a></p>
7	<p>Grape Sorbet</p> 	<p>July is National Ice Cream Month! Satisfy your sweet tooth with this Black Grape Sorbet, dairy-free and made with delicious grapes from California.</p> <p>Handle to tag: @GrapesFromCalifornia</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/black-grape-sorbet/">https://www.grapesfromcalifornia.com/recipes/black-grape-sorbet/</a></p>
8	<p>Summer Snack</p> 	<p>For a light and refreshing summer snack that won't weigh you down, enjoy irresistible grapes from California! A 3/4 cup serving contains just 90 calories, no fat, no cholesterol, and virtually no sodium.</p> <p>Handle to tag: @GrapesFromCalifornia</p>
9	<p>Grapes and Cheese</p>	<p>Grapes from California and cheese of all kinds pair deliciously together and make the perfect snack or appetizer that requires very little prep time!</p> <p>Handle to tag: @GrapesFromCalifornia</p>

		
10	<p>Grilled Salmon Tacos with Grape Pico de Gallo</p> 	<p>Try these delicious Grilled Salmon Tacos with Grape Pico de Gallo. Grapes from California add a unique burst of fresh flavor to this summer grilling recipe and leave everyone wanting more!</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/grilled-salmon-tacos-grape-pico-de-gallo/">https://www.grapesfromcalifornia.com/recipes/grilled-salmon-tacos-grape-pico-de-gallo/</a></p> <p>Handle to tag: @GrapesFromCalifornia</p>
11	<p>Fresh Fruit Pizza with Grapes</p> 	<p>Who doesn't love a fresh fruit pizza?! Grapes from California and kiwi taste delicious and are beautiful in this kid-friendly summer dessert recipe.</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/fresh-fruit-pizza/">https://www.grapesfromcalifornia.com/recipes/fresh-fruit-pizza/</a></p> <p>Handle to tag: @GrapesFromCalifornia</p>
12	<p>Superfood Salad with Grapes</p> 	<p>Try this delicious quinoa salad featuring grapes from California, almonds, and spinach and topped with an orange-mustard vinaigrette for a superfood-packed lunch or dinner.</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/quinoa-salad-grapes-almonds-spinach/">https://www.grapesfromcalifornia.com/recipes/quinoa-salad-grapes-almonds-spinach/</a></p> <p>Handle to tag: @GrapesFromCalifornia</p>
13	<p>Fresh Grape Salsa</p> 	<p>For a unique twist on a traditional favorite, try this Fresh Grape Salsa featuring grapes from California. (Yes, grapes can 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.</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/fresh-grape-salsa/">https://www.grapesfromcalifornia.com/recipes/fresh-grape-salsa/</a></p> <p>Handle to tag: @GrapesFromCalifornia</p>
14	<p>All About California Grapes</p> 	<p>Did you know that there are 80 varieties of grapes from California available from May through January each year?!</p> <p>Handle to tag: @GrapesFromCalifornia</p>
15	<p>All About California Grapes</p>	<p>Grapes from California are ripe, ready to eat, and in plentiful supply! Look for the USA or CA label wherever you shop for grapes.</p> <p>Handle to tag: @GrapesFromCalifornia</p>


		
16	<p><b>Lunch Tip – Add Grapes!</b></p> 	<p><b>Lunch Tip:</b> Mix fresh grapes from California into chicken or tuna salad recipes to add crunch, flavor, and color!  Handle to tag: @GrapesFromCalifornia  Links: Chicken salad with grapes - <a href="https://www.grapesfromcalifornia.com/recipes/chicken-salad-pecans-grapes/">https://www.grapesfromcalifornia.com/recipes/chicken-salad-pecans-grapes/</a>  Tuna salad with grapes - <a href="https://www.grapesfromcalifornia.com/recipes/tuna-salad-grapes-lemon-tarragon-dressing/">https://www.grapesfromcalifornia.com/recipes/tuna-salad-grapes-lemon-tarragon-dressing/</a></p>
17	<p><b>Snack Smart with Grapes</b></p> 	<p>Did you know? A 3/4 cup serving of grapes from California contains just 90 calories and no fat or cholesterol.  Handle to tag: @GrapesFromCalifornia</p>
18	<p><b>Tip Tuesday!</b></p> 	<p><b>Tip Tuesday:</b> Store grapes from California unwashed in the refrigerator to maximize shelf life; rinse just before serving or adding to a recipe.  Handle to tag: @GrapesFromCalifornia</p>
19	<p><b>Celebrate National Fresh Fruit and Vegetable Month with Grapes</b></p> 	<p>June is National Fresh Fruit and Vegetable Month and there's no better way to celebrate than by stocking up on delicious California grapes!  Handle to tag: @GrapesFromCalifornia</p>
20	<p><b>Grapes are Heart-Healthy</b></p> 	<p>Good health and good taste can go together! Studies show that grapes are heart-healthy...so go with grapes from California to love your heart.  Handle to tag: @GrapesFromCalifornia</p>







21	<p>The Natural Snack</p> 	<p>Skip the chips. Go with grapes from California every day for a healthy, natural snack. Handle to tag: @GrapesFromCalifornia</p>
22	<p>Gluten-Free Quinoa Salad with Grapes</p> 	<p>Grapes from California add flavor and crunch to gluten-free, whole grain salads and side dishes, like this quinoa favorite! Handle to tag: @GrapesFromCalifornia Link: <a href="https://www.grapesfromcalifornia.com/recipes/quinoa-tabbouleh-salad-with-grapes/">https://www.grapesfromcalifornia.com/recipes/quinoa-tabbouleh-salad-with-grapes/</a></p>
23	<p>A Whole Bunch of Healthy</p> 	<p>You'll find beneficial antioxidants and other polyphenols in the skin, flesh, and seeds of all three colors of California grapes – so grab a bunch! Handle to tag: @GrapesFromCalifornia</p>
24	<p>Frozen Grapes</p> 	<p>Serve frozen grapes from California as a guilt-free summer snack, dessert, or in place of ice cubes in your favorite drinks for a burst of flavor and fun! Handle to tag: @GrapesFromCalifornia</p>






## Instagram Posts






Hashtags that can be used on all posts: #GrapesfromCA #GoWithGrapes #grapes #californiagrapes #tablegrapes #californiagrown #cagrown #californiafruit #summerfruit #summerfruits






1	<p>The Anytime Snack</p> 	<p>Studies show we tend to eat the foods we see first when hunger hits...so store grapes from California front and center in the refrigerator in a clear bag or bright-colored bowl to snack smart any time! Handle to tag: @grapesfromca Hashtags: #blackgrapes #redgrapes #greengrapes #snacksmart #snackhappy #snackhealthy #snack #snacks #familysnacks #kidfriendllysnacks #healthysnack #healthysnacks #healthysnackideas #goodfulhealthyeating #nutritiousanddelicious</p>
---	--	---






2	<b>Frozen Grapes</b> 	<p>Ever try frozen grapes? They're like small orbs of healthy sorbet! Just rinse and pop in the freezer, and two hours later you've got a cool treat. So go with frozen grapes from California for an easy, guilt-free dessert during the summer.</p> <p>Handle to tag: @grapesfromca</p> <p>Hashtags: #frozensorbet #sorbet #sherbet #dessert #desserts #healthydessert #healthydesserts #healthytrear #summertreat #summertreats #summerdessert #summerdesserts</p>
3	<b>All About California Grapes</b> 	<p>Did you know that 99 percent of fresh table grapes grown in the U.S. come from California?! California grapes, America's local grapes, can be found in supermarkets across the U.S. from May through January.</p> <p>Handle to tag: @grapesfromca</p> <p>Hashtags: #greengrapes #blackgrapes #redgrapes #california #westcoast #buyca #locallygrown #cacagriculture #californiaagriculture #agriculture</p>
4	<b>Grilling with Grapes</b> 	<p>Skip the chips and offer grapes from California as a fresh and healthy side to grilled burgers at your next backyard barbecue.</p> <p>Handle to tag: @grapesfromca</p> <p>Hashtags: #greengrapes #barbecue #barbecuetime #barbecues #barbecueparty #burger #burgers #grilledburgers #summergrilling #grillingandchilling #grillingrecipes #grillingtime #BBQ #bbqsides #healthysides #healthysidedish</p>
5	<b>Grilling with Grapes</b> 	<p>Your family will love these delicious Mediterranean Grilled Chicken and Grape Skewers featuring fresh grapes from California.</p> <p>Handle to tag: @grapesfromca</p> <p>Hashtags: #greengrapes #grill #grilling #grilled #grilledchicken #grilledchickenskewers #summergrilling #grillingandchilling #grillingrecipes #grillingtime</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/mediterranean-grilled-chicken-grape-skewers/">https://www.grapesfromcalifornia.com/recipes/mediterranean-grilled-chicken-grape-skewers/</a></p>
6	<b>Go with Grapes for Breakfast</b> 	<p>Mix up your morning routine with this delicious Breakfast-To-Go Grape Smoothie featuring in-season, juicy California grapes...perfect for both you and the kids!</p> <p>Handle to tag: @grapesfromca</p> <p>Hashtags: #breakfastsmoothie #breakfastsmoothies #breakfastideas #breakfasttime #breakfastrecipes #breakfasttogo #healthybreakfast #healthybreakfastideas #healthybreakfastrecipes</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/breakfast-go-grape-smoothie/">https://www.grapesfromcalifornia.com/recipes/breakfast-go-grape-smoothie/</a></p>
7	<b>Grape Sorbet</b>	<p>July is #NationalIceCreamMonth! Satisfy your sweet tooth with this Black Grape Sorbet, dairy-free and made with delicious grapes from California.</p>

		<p>Handle to tag: @grapesfromca</p> <p>Hashtags: #blackgrapes #icecream #sorbet #sherbet #icecreamtime #refreshing #refreshingdessert #refreshingtreat #dairyfree #dairyfreerecipes #dairyfreefood #dairyfreedessert #dairyfreeicecream #healthydessert #healthydesserts</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/black-grape-sorbet/">https://www.grapesfromcalifornia.com/recipes/black-grape-sorbet/</a></p>
8	<p>Summer Snack</p> 	<p>For a light and refreshing summer snack that won't weigh you down, enjoy irresistible grapes from California! A 3/4 cup serving contains just 90 calories, no fat, no cholesterol, and virtually no sodium.</p> <p>Handle to tag: @grapesfromca</p> <p>Hashtags: #greengrapes #blackgrapes #redgrapes #summersnack #summersnacks #snacksmart #snackhappy #snackhealthy #snack #snacks #familysnacks #kidfriendllysnacks #healthysnack #healthysnacks #healthysnackideas #goodfulhealthyeating #nutritiousanddelicious #refreshing</p>
9	<p>Grapes and Cheese</p> 	<p>Grapes from California and cheese of all kinds pair deliciously together and make the perfect snack or appetizer that requires very little prep time!</p> <p>Handle to tag: @grapesfromca</p> <p>Hashtags: #grapesandcheese #cheeseandgrapes #cheese #cheeseboard #cheeseboards #cheeses #appetizers #appetizer #appetizerideas #cheesesnack #cheesesnacks #snackdieas #snacking</p>
10	<p>Grilled Salmon Tacos with Grape Pico de Gallo</p> 	<p>Try these delicious Grilled Salmon Tacos with Grape Pico de Gallo. Grapes from California add a unique burst of fresh flavor to this summer grilling recipe that will leave everyone wanting more!</p> <p>Handle to tag: @grapesfromca</p> <p>Hashtags: #grill #grilling #grilled #grilledsalmon #summergrilling #grillingandchilling #grillingrecipes #grillingtime #tacos #taco #tacotaco</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/grilled-salmon-tacos-grape-pico-de-gallo/">https://www.grapesfromcalifornia.com/recipes/grilled-salmon-tacos-grape-pico-de-gallo/</a></p>
11	<p>Fresh Fruit Pizza with Grapes</p> 	<p>Who doesn't love a fresh fruit pizza?! Grapes from California and kiwi taste delicious and are beautiful in this kid-friendly summer dessert recipe.</p> <p>Handle to tag: @grapesfromca</p> <p>Hashtags: #fruitpizza #fruitpizzas #fresh #freshfruit #freshfruits #freshfruittart #dessert #desserts #desserttable #desserttime #fruitdessert #fruitdesserts</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/fresh-fruit-pizza/">https://www.grapesfromcalifornia.com/recipes/fresh-fruit-pizza/</a></p>

12	<p>Superfood Salad with Grapes</p> 	<p>Try this delicious quinoa salad featuring grapes from California, almonds, and spinach and topped with an orange-mustard vinaigrette for a superfood-packed lunch or dinner.</p> <p>Handle to tag: @grapesfromca</p> <p>Hashtags: #superfoods #superfood #superfoodnutrition #superfoodsalad #superfoodideas #quinoa #quinoarecipes #quinoasalad #quinoasalads #healthyfood #healthysalad #healthysalads #goodfulhealthyeating</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/quinoa-salad-grapes-almonds-spinach/">https://www.grapesfromcalifornia.com/recipes/quinoa-salad-grapes-almonds-spinach/</a></p>
13	<p>Fresh Grape Salsa</p> 	<p>For a unique twist on a traditional favorite, try this Fresh Grape Salsa featuring grapes from California. (Yes, grapes can 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.</p> <p>Handle to tag: @grapesfromca</p> <p>Hashtags: #salsa #salsarecipe #fruitsalsa #homemadesalsa #salsas #salsasauce #healthyrecipes #healthyrecipeideas #summersnack #summersnacks</p> <p>Link: <a href="https://www.grapesfromcalifornia.com/recipes/fresh-grape-salsa/">https://www.grapesfromcalifornia.com/recipes/fresh-grape-salsa/</a></p>
14	<p>All About California Grapes</p> 	<p>Did you know that there are 80 varieties of grapes from California available from May through January each year?!</p> <p>Handle to tag: @grapesfromca</p> <p>Hashtags: #blackgrapes #greengrapes #redgrapes #grapevarieties #california #westcoast #buyca #locallygrown #cagriculture #californiaagriculture #agriculture</p>
15	<p>All About California Grapes</p> 	<p>Grapes from California are ripe, ready to eat, and in plentiful supply! Look for the USA or CA label wherever you shop for grapes.</p> <p>Handle to tag: @grapesfromca</p> <p>Hashtags: #blackgrapes #greengrapes #redgrapes #ripe #readytoeat #california #westcoast #buyca #locallygrown #cacagriculture #californiaagriculture #agriculture</p>
16	<p>Lunch Tip – Add Grapes!</p> 	<p>Lunch Tip: Mix fresh grapes from California into chicken or tuna salad recipes to add crunch, flavor, and color!</p> <p>Handle to tag: @grapesfromca</p> <p>Hashtags: #lunchtips #lunchtip #lunch #lunchtime #lunchideas #healthylunch #healthylunchideas #healthylunches #goodfulhealthyeating #chickensalad #tunasalad</p> <p>Links: Chicken salad with grapes - <a href="https://www.grapesfromcalifornia.com/recipes/chicken-salad-pecans-grapes/">https://www.grapesfromcalifornia.com/recipes/chicken-salad-pecans-grapes/</a></p>

		<p>Tuna salad with grapes -  <a href="https://www.grapesfromcalifornia.com/recipes/tuna-salad-grapes-lemon-tarragon-dressing/">https://www.grapesfromcalifornia.com/recipes/tuna-salad-grapes-lemon-tarragon-dressing/</a></p>
17	<p>Snack Smart with Grapes</p> 	<p>Did you know? A 3/4 cup serving of #GrapesfromCA contains just 90 calories and no fat or cholesterol.          Handle to tag: @grapesfromca          Hashtags: #redgrapes #greengrapes #blackgrapes #snacksmart #snackhappy #snackhealthy #snack #snacks #familysnacks #kidfriendllysnacks #healthysnack #healthysnacks #healthysnackideas #goodfulhealthyeating #nutritiousanddelicious</p>
18	<p>Tip Tuesday</p> 	<p>#TipTuesday: Store grapes from California unwashed in the refrigerator to maximize shelf life; rinse just before serving or adding to a recipe.          Handle to tag: @grapesfromca          Hashtags: #tips #tipsandtricks #fresh #freshfruit #freshfruits #fruitfresh #freshness #freshnessmatters</p>
19	<p>Celebrate National Fresh Fruit and Vegetable Month with Grapes</p> 	<p>June is #NationalFreshFruitandVegetableMonth and there's no better way to celebrate than by stocking up on delicious grapes from California!          Handle to tag: @grapesfromca          Hashtags: #redgrapes #fresh #freshfruit #freshfruits #fruitfresh #delicious #nutritiousanddelicious #healthyfruit #healthyfruits #natural #eatnatural</p>
20	<p>Grapes are Heart-Healthy</p> 	<p>Good health and good taste can go together! Studies show that grapes are heart-healthy...so go with grapes from California to love your heart.          Handle to tag: @grapesfromca          Hashtags: #redgrapes #hearthealthy #healthyheart #hearthealthyfoods #hearthealth #health #healthy #healthysnack #healthyeating #goodfulhealthyeating #eatclean #nutritiousanddelicious #nutritionmatters #nutritiousfoods #foodisfuel</p>
21	<p>The Natural Snack</p> 	<p>Skip the chips. Go with grapes from California every day for a healthy, natural snack.          Handle to tag: @grapesfromca          Hashtags: #greengrapes #naturalsnack #naturalsnacks #snacksmart #snackhappy #snackhealthy #snack #snacks #familysnacks #kidfriendllysnacks #healthysnack #healthysnacks #healthysnackideas #goodfulhealthyeating #nutritiousanddelicious #natural #eatnatural</p>
22	<p>Gluten-Free Quinoa Salad with Grapes</p>	<p>Grapes from California add flavor and crunch to gluten-free, whole grain salads and side dishes, like this quinoa favorite!          Handle to tag: @grapesfromca          Hashtags: #quinoa #quinoarecipes #quinoasalad #quinoasalads #healthyfood #healthysalad #healthysalads</p>



		<p>#goodfulhealthyeating #glutenfree #glutenfreerecipes  #glutenfreefood #glutenfreeeats #glutenfreesalad  Link: <a href="https://www.grapesfromcalifornia.com/recipes/quinoa-tabbouleh-salad-with-grapes/">https://www.grapesfromcalifornia.com/recipes/quinoa-tabbouleh-salad-with-grapes/</a></p>
23	<p>A Whole Bunch of Healthy</p> 	<p>You'll find beneficial antioxidants and other polyphenols in the skin, flesh, and seeds of all three colors of California grapes – so grab a bunch!  Handle to tag: @grapesfromca  Hashtags: #blackgrapes #antioxidants #polyphenols #health #healthy #healthysnack #healthysnacks #healthyeating #healthylifestyle #nutritiousfoods #nutritiousanddelicious #nutritionmatters #foodisfuel #hydrating #glutenfree</p>
24	<p>Frozen Grapes</p> 	<p>Serve frozen grapes from California as a guilt-free summer snack, dessert, or in place of ice cubes in your favorite drinks for a burst of flavor and fun!  Handle to tag: @grapesfromca  Hashtags: #frozensgrapes #dessert #desserts #healthydessert #healthydesserts #healthytreat #summertreat #summertreats #summerdessert #summerdesserts</p>