
Selection

When buying grapes look for firm, plump, well colored clusters that are securely attached to their green stems. Avoid clusters with damaged fruit or mold.

Grapes come in many colors; black, blue, blue-black, golden, red, green, and purple.



Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Store produce in perforated plastic bags as this helps maintain moisture and allows for air flow as well.
- ◆ Wash fruits under running water before eating or using.
- ◆ Store vegetables and fruit in separate drawers in the refrigerator.

Why Buy Local?

- ◆ You are making a healthy choice for you and your family.
- ◆ Buying local keeps farmers on the land and producing food for everyone.
- ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
- ◆ Local foods taste good!



FOR MORE INFORMATION...

Contact your local Extension office:

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Grapes Uvas

Uses

Grapes are most often eaten fresh.

Other ways to enjoy grapes are: dried into raisins, made into jam or jelly, or press them into 100% juice.



Magical Fruit Salad

Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ Sodium free
- ◆ Good source of Fiber
- ◆ Good source of Vitamin C
- ◆ High in Potassium

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health Program; Photos found on Google images

Try It!

Magical Fruit Salad

INGREDIENTS

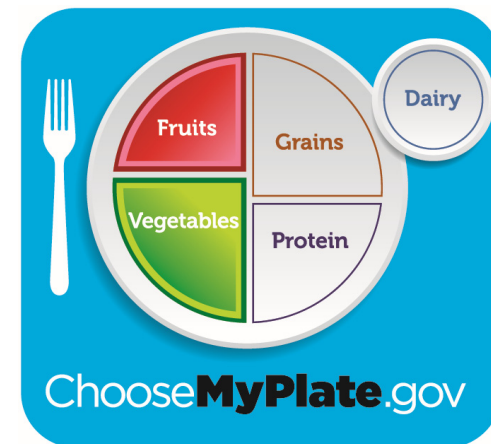
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| 1 can | Pineapple chunks (20 ounce) |
| 1/2 pound | Grapes, seedless, red or green |
| 2 | Bananas |
| 1 3/4 cups | Nonfat or low-fat milk |
| 1 package | Pudding mix, instant, lemon or vanilla (3.5 ounce) |

INSTRUCTIONS

1. Drain off juice. Put chunks in a large bowl.
2. Rinse the grapes and drain. Add the grapes to the bowl.
3. Peel the bananas and cut into bite-sized pieces. Add to the bowl.
4. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.
6. Refrigerate leftovers within 2 hours.

Yield: 12 servings

Recipe Source: www.recipesource.com



History & Fun Facts

Grapes are one of the oldest fruits to be grown. Grapes can be traced back as far as biblical times. Spanish explorers introduced grapes to America about 300 years ago. Most grapes eaten in the United States are grown in California.

Grapes come in more than 50 varieties. The two main types are American and European, which are available as seeded or seedless. Common varieties include Thompson, Flame, Ruby, Perlette and Tokay.