



GREAT GRAPES!



GRAPE FRUIT SALAD

Add an assortment of seedless grapes (like Flame, Thompson, or Ruby grapes) to a fruit salad made with bananas, apples, kiwi, pineapple or whatever your favorites may be. Stir in some vanilla or fruit yogurt and you've got yourself a treat!

FROZEN TREATS

Wash and dry grapes with a paper towel. Put a serving in a plastic bag in the freezer. For about four hours.

Enjoy as a sweet treat on a hot day.

Caution: Grapes can be a choking hazard for children under age 4 or 5. Cut grapes in quarters for your little brothers or sisters.

Did You Know?

- Grapes develop sugar and become sweeter as they ripen, but will become no sweeter once picked, so timing the harvest is very important.
- California, with its warm climate, supplies 98% of the nation's table grapes. The other 2% come from Arizona.
- Choose plump, firm grapes that are firmly attached to the stem.
- Store grapes in a plastic bag in the refrigerator for up to one week.
- Wash grapes thoroughly under cool running water before eating.

GRAPE INFO

The two main types of grapes are American and European. They both come in seeded and seedless varieties. You'll find these common varieties of grapes at the grocery store:

Perlette Seedless - large, compact clusters with round, crisp green grapes.

Thompson Seedless - these oval, light green grapes are the most popular variety grown in the United States.

Flame Seedless - round, deep red, and seedless with a tart, crisp flavor.

Red Globe - very large red grapes with a crisp texture and large seeds.

Ruby Seedless - dark red, oval grapes are sweet and juicy.



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