

FFVP Snacks – Week of October 19, 2020

Muscadine Grapes

Muscadine grapes are native to the southeastern United States; they like warm and humid climates, so they can't grow in the same types of places other kinds of grapes can. Like Concord grapes, Muscadines have substantial seeds and are "slip-skin," meaning their skin and squishy insides easily separate from one another. Since Muscadines tend to have thicker skins, this a benefit when eating them out of hand—although the skin is edible, some people prefer to squeeze each grape so the pulp goes in their mouth and they can discard the skin (and spit out the seeds). Of course you aren't limited to eating Muscadines fresh—you can bake with them or turn them into jelly, jam, and sauce.



Mini Peppers

Mini sweet peppers are small in size and range in color from yellow, red, to orange. Mini sweet peppers are crunchy with a mild flavor that is sweeter than regular sized bell peppers. Mini sweet peppers are best suited for serving raw. The peppers can be sliced and displayed on vegetable trays, tossed into salads, layered in sandwiches, chopped into salsa, stuffed with cheese, rice, or cooked ground meats, or mixed into pasta dishes for added texture. They can also be roasted and added to soups or stews, cooked into an omelet, or used as a sweet topping on pizza. The peppers will keep up to one week in the crisper drawer of the refrigerator.



Grapefruit

Grapefruit is a citrus fruit with a flavor that can range from bittersweet to sour. It contains a range of essential vitamins and minerals. People can consume the fruit whole or as a juice or pulp. Grapefruit is low in calories but very rich in nutrients. It is also an excellent source of vitamins A and C. Here are some tips for buying and storing grapefruit: Buy grapefruit in the winter, as citrus fruits ripen at this time, and they are more likely to be fresh. Choose a grapefruit that is heavy for its size and has a little softness when squeezed. Store grapefruit at room temperature, away from direct sunlight.

