

# BUFFALO FARM TO SCHOOL



# Grapes



## Varieties Grown in New York State

- Concord
- Catawba
- Niagara
- Delaware
- Mars

## Nutrition and Health Benefits

- Grapes are fat-free, saturated fat-free, and cholesterol-free!
- Grapes are packed with Vitamin C, which helps keep our immune system strong, and Vitamin K which helps us heal quickly.

## How It's Grown

- Grapes grow in clusters on grape vines.
- **INTERESTING FACT!** Grapes come in many different colors of the rainbow, like red, green, purple, blue, orange, pink, and black!
- **INTERESTING FACT** About 8 pounds of grapes are eaten per person per year in the US!
- Grapes are harvested in NY in the fall.
- Allow grapes to fully ripen on the vine, once picked, they are as ripe as they will get!

## Storage Tips

- You can store grapes in a plastic bag in the refrigerator for up to 10 days!
- Clean grapes just before serving by rinsing under cool, running water.
- Freeze fresh grapes for later by freezing them on a cookie sheet until hard, and then storing frozen grapes in a labeled freezer bag.
- **PRO TIP!** Grapes are easier to peel when frozen – just rinse frozen grapes under lukewarm water until their skins split, and then peel!

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# Kid-Friendly Eating Tips

- Try a kid-friendly fruit and cheese tray with grapes, cheese, and whole wheat crackers!
- Enjoy fruit kabobs with a sweet yogurt dip! Cut grapes and other fruits in half and add to a skewer. Use vanilla Greek yogurt as a protein-packed fruit dip!
- Grapes are the perfect easy and portable snack! Pack grapes in a reusable bag for a quick, kid-friendly snack! Just rinse and go!
- Use frozen grapes as 'ice cubes' to cool and flavor water in the summer!
- Have you ever seen a wrinkly grape? Those are raisins in training! Raisins are another great grab-and-go snack!

## Selection

- Look for plump grapes that are firmly attached to green stems.
- Avoid soft, wrinkly, or leaking grapes, and bunches of grapes with brown stems.

## Preparation & Cooking Tips

- Grapes are great raw as a snack and addition to a salad!
- Cooked grapes make fantastic jellies and jams.
- **PRO TIP!** Concord Grapes have seeds – remove them as you eat them, or cut the grapes in half and take them out with the tip of a knife.

## RECIPE

### GRAPE & CUCUMBER SALAD

#### Ingredients:

##### Salad

- 3 cups grapes, cut in half or quarters
- 3 cups sliced cucumber
- ¼ cup thinly sliced green onion

##### Dressing

- ¼ cup vinegar (any type)
- 1 teaspoon vegetable oil
- 2 teaspoons packed brown sugar
- ¾ teaspoon salt
- ¼ teaspoon hot sauce, optional

#### Directions:

1. In a medium bowl, combine grapes, cucumber, and green onion.
2. In a small bowl, or jar with a tight lid, mix or shake together the dressing ingredients, and hot sauce, if desired.
3. Pour dressing over grapes, cucumbers, and green onions and stir until mixed. Refrigerate until served.
4. Refrigerate leftovers within 2 hours.

Notes: For a mild flavor, use cider or rice vinegar, or lemon or lime juice in the dressing. Get kids involved by letting them shake up the dressing!

