

Harvest of the Month™



FALL - GRAPES



GRAPES, A CALIFORNIA SPECIALTY, ARE A COMMONLY SEEN CROP IN SAN DIEGO COUNTY. THEY ARE A GREAT SOURCE OF VITAMINS INCLUDING VITAMIN C AND VITAMIN K.

FOOD WASTE PREVENTION

- FREEZE GRAPES TO KEEP THEM FRESH LONGER!
- STORE THEM IN AN AIRTIGHT CONTAINER IN THE BACK OF THE FRIDGE
- DEHYDRATE GRAPES TO MAKE YOUR OWN RAISINS
- GRAPES LAST LONGER IF THEY ARE STORED ON THE STEM, SO ONLY REMOVE THE STEM ONCE YOU ARE READY TO EAT OR USE THEM
- WHEN SHOPPING FOR GRAPES, MAKE SURE THE STEMS ARE FIRM

HEALTHY SERVING IDEAS



EAT FRESH FOR A HEALTHY SNACK

FREEZE AND ADD TO A SMOOTHIE



ADD CUT GRAPES TO SALADS FOR SWEETNESS



FUN FACTS

97% OF ALL THE GRAPES CONSUMED IN THE UNITED STATES ARE GROWN IN CALIFORNIA

COMMON GRAPE VARIETIES



CONCORD

DARK PURPLE, SWEET GRAPES OFTEN USED FOR JELLY AND JUICE



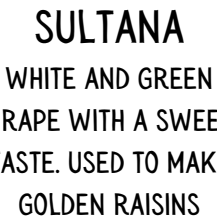
CRIMSON

RED-GREEN GRAPE, FIRM IN TEXTURE AND TART IN TASTE



COTTON CANDY

GREEN GRAPE WITH A SWEET, CANDY LIKE FLAVOR



SULTANA

WHITE AND GREEN GRAPE WITH A SWEET TASTE. USED TO MAKE GOLDEN RAISINS



MOONDROP

DARK BLUE SKIN WITH GREEN FLESH. CRISP AND SWEET FLAVOR WITH UNIQUE, LONG SHAPE

FUN FACTS

THERE ARE MORE THAN 8,000 GRAPE VARIETIES FROM ABOUT 60 SPECIES. THE MAIN TYPES ARE AMERICAN AND EUROPEAN GRAPES.

GRAPES ARE A KIND OF BERRY. THEY HAVE A LEATHERY COVERING AND A FLESHY INSIDE, SIMILAR TO BLUEBERRIES.

RAISIN INVESTIGATION

MATERIALS

- RAISINS
- FRESH FRUIT
 - GRAPES, APRICOTS, APPLE SLICES
- LARGE PAPER BAG
- PEN

INSTRUCTIONS

1. CUT OPEN A PAPER BAG AND LAY FLAT
2. SPREAD FRESH PIECES OF FRUIT ON THE BAG
3. PLACE THE BAG IN FULL SUNLIGHT
4. TRACE AROUND EACH PIECE OF FRUIT
5. CHECK THE FRUITS AND RECORD OBSERVATIONS EVERY OTHER DAY
6. AT THE END OF 2 WEEKS, COMPARE THE DIFFERENCES IN SIZE, APPEARANCE, SMELL, AND TEXTURE
7. COMPARE THE STORE BOUGHT RAISINS TO THE SUN DRIED RAISINS AND DRAW CONCLUSIONS ABOUT THE PROCESS

ACTIVITY FROM: [HTTPS://CDN.AGCLASSROOM.ORG/CA/TASTEANDTEACH/11.PDF](https://cdn.agclassroom.org/ca/tasteandteach/11.pdf)

SOUR FROZEN GRAPES

INGREDIENTS

- 4 CUPS GREEN GRAPES (CLEANED)
- 3/4 CUP GRANULATED MONK FRUIT SWEETENER
- 2 LIMES, JUICED

INSTRUCTIONS

1. LINE A BAKING SHEET WITH PARCHMENT PAPER
2. CLEAN AND DRY THE GRAPES
3. PLACE IN A LARGE BOWL ALONG WITH THE JUICE FROM 2 LIMES
4. MIX TOGETHER USING A SPOON AND ALLOW TO SIT IN THE FRIDGE FOR 10 MINUTES
5. TRANSFER THE MONK FRUIT SWEETENER INTO A MEDIUM BOWL
6. REMOVE THE GRAPES FROM THE FRIDGE AND ROLL EACH ONE INTO THE MONK FRUIT MAKING SURE EACH GRAPE IS COMPLETELY COATED
7. TRANSFER THE COATED GRAPES ONTO THE PARCHMENT PAPER AND FREEZE FOR 2-3 HOURS, ENJOY!

RECIPE FROM [HTTPS://HEALTHYLITTLEPEACH.COM/HEALTHY-SOUR-CANDY-FROZEN-GRAPES/](https://healthylittlepeach.com/healthy-sour-candy-frozen-grapes/)