



# Helping Mississippians live happier, healthier lives!

## GRAPES

Grapes are native to the United States. They were also brought to the U.S. from Spain in the 1600s. There are many varieties of grapes. Mississippi is known for scuppernongs and muscadines.



Grapes come in a variety of flavors, colors, sizes, and shapes. Raisins are dried grapes. On average, we eat 8 pounds of grapes a year. Grape juice can be made from a variety of grapes.

### SELECT

- ▶ Grapes come in many colors—green, red, black, yellow, pink, and purple.
- ▶ Grapes do not continue to ripen over time, so they should be purchased at the best quality.
- ▶ Grapes are best when they are firm and plump. The stem should be green and flexible, and the grape should still be attached.
- ▶ Grapes can come with or without seeds. Check for “seedless” on the packaging when you are shopping.
- ▶ Grapes are in season from the middle of July through September.

### STORE

- ▶ Grapes keep best in the produce drawer of your refrigerator; they can last 1–2 weeks.
- ▶ Do not rinse grapes before storing—they will spoil faster.
- ▶ Seedless grapes can be frozen to make a delicious snack or a refreshing addition to a glass of water.

### PREPARE

- ▶ Grapes are very easy to prepare. Simply pull them from the stem, rinse, and eat.
- ▶ Grapes should be rinsed before eating.

### BENEFIT

- ▶ Grapes are low in calories and packed with nutrients—especially vitamins C and K.
- ▶ They are high in antioxidants.

### FUN WITH FOOD CHILDREN CAN HELP:

- ▶ Pick out grapes at the grocery store.
- ▶ Rinse the grapes before using.
- ▶ Pull the grapes off the stems.



ENJOY



## CREAMY FRUIT SALAD

- 1 16-oz. can sliced peaches, no sugar added
  - 1 20-oz. can pineapple chunks, no added sugar
  - 1 cup strawberries
  - 1 cup grapes, seedless
  - ½ cup low-fat vanilla yogurt
1. Wash your hands well with soap and warm water for at least 20 seconds.
  2. Drain peaches and pineapple in a colander.
  3. Add peach slice halves and pineapple chunks to a medium mixing bowl.
  4. Rinse strawberries and grapes with cool water.
  5. Drain in a colander. Cut the stem off the strawberries and then cut in half. Cut the grapes in half, and then transfer the strawberries and grapes to the mixing bowl.
  6. Add yogurt to the bowl and mix gently with a spoon until fruit is well coated.
  7. Refrigerate leftovers within 2 hours.

## FRUIT KABOBS WITH YOGURT DIP

- ½ small watermelon, cut into chunks
  - ½ pineapple, cut into chunks, or one 8-oz. can of pineapple chunks in 100% juice
  - ½ cup red seedless grapes, washed
  - 1 cup strawberries, with the green stems and caps removed
  - 16 wooden skewers, 6 inches long
  - 1 cup low-fat vanilla yogurt
1. Wash your hands well with soap and warm water for at least 20 seconds.
  2. Wash all fruit with cool water. Drain in colander.
  3. Remove the green stems and caps from the strawberries.
  4. Carefully slide a skewer through the center of 4 or 5 pieces of fruit.
  5. Repeat with the other skewers to make 16 kabobs.
  6. Serve the kabobs with the yogurt for dipping.
  7. Refrigerate leftovers within 2 hours.

► For more information on how to store and freeze fruits and vegetables, visit: <http://happyhealthy.extension.msstate.edu/tips-videos>



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EXTENSION**

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