

Grapes

Nutrition:

- **Grapes are full of vitamin K and vitamin C. They are also a great source of fiber, iron, and calcium.**
- **Vitamin K is known as the clot master! When you get a cut vitamin K helps stop the bleeding and form a scab.**

Did you know?

- **Grapes are originally from the country of Georgia. Grape residue was found on ceramic jars from 8000 years ago!**
- **Some common varieties of grapes are purple, blue, black, green, red, golden, and white.**
- **Some grapes have seeds in the middle; other have no seeds.**
- **Raisins are dried grapes**
- **Grapes grow in a cluster on vines. Their season is July-September. The majority of grapes in the US are grown in California; however grapes can grow in Oklahoma too!**

More:

- **Always store your grapes in the fridge to keep them fresh, but don't wash them until you are ready to eat.**
- **Grapes are a great snack, but also can be added to salads, or cut up and put in chicken salad.**
- **In the summer, try freezing grapes for a cool snack.**