

FOOD FACTS

Red Grapes



NUTRITION

- Grapes are a source of fiber, iron, potassium and calcium.
- Grapes are high in potassium, which helps keep your muscles and brain active.

DYK

- There is evidence Egyptians enjoyed growing and eating grapes through Hieroglyphics (pictorial symbols used in the earliest known writing systems).
- Some common varieties of grapes are purple, blue, black, green, red, golden, and white.
- Some grapes have seeds in the middle; other do not have seeds.
- Raisins are dried grapes.
- Grapes grow in a cluster on vines. If left alone a grapevine can grow 50 feet!
- Their season is July-September. The majority of grapes in the US are grown in California; however grapes can grow in Oklahoma too!

PREPARATION & STORAGE

- 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.

Ingredients:

- 2 lbs green seedless grapes
- 2 lbs red seedless grapes
- 8 ounces sour cream
- 8 ounces cream cheese, softened
- 1/2 cup granulated sugar
- 1 teaspoon vanilla extract

TOPPING INGREDIENTS

- 1 cup brown sugar, packed
- 1 cup crushed pecans

1. Wash and stem grapes.
2. Mix sour cream, cream cheese, white sugar and vanilla by hand until blended.
3. Stir grapes into mixture and pour in large serving bowl.
4. For topping: Combine brown sugar, and crushed pecans.
5. Sprinkle over top of grapes to cover completely.
6. Chill overnight.

