Harvest of the Month

September - Grapes

Nutrition Fun Facts:

The news is out—grapes are good for you!
Grapes in all colors—green, red, and black—contain a high level of polyphenols. This chemical occurs naturally in fruit and is a type of antioxidant that packs some big benefits.
Red and green grapes are a good source of vitamin C and vitamin K.
Grapes are high in carbohydrates, mostly simple carbohydrates. These provide a quick source of energy for your body.
Grapes also contain antioxidants, which can help prevent diseases

Fun snack ideas! HOW TO EAT GRAPES:

1. Add sliced grapes to pita sandwiches, chicken salads, and pasts.
2. Rinse and freeze grapes for a quick snacks.
3. Carry grapes or raisins with you for an on-the-go snack.
4.Add grapes to a fruit salad for color and crunch!

Frozen Grape and Banana Skewers with Chocolate Drizzle

Ingredients:
2 firm ripe bananas
2 tablespoons orange juice
1/2 cup red California grapes (about 16)
1/2 cup green California grapes (about 16)
8 (10-inch) wooden skewers
1 1/2 ounces dark chocolate (60-70% cocoa solids), finely chopped

Directions:
1. Line a baking sheet with wax paper. Cut the bananas into 1/2-inch thick rounds. Place in a small bowl and toss gently with the orange juice. Skewer the fruit, alternating two grapes for each piece of banana and place the fruit skewers onto the lined tray.
2. Place the chocolate in a small microwave safe bowl. Microwave for 1 minute, then stir well, and microwave another 10 seconds if necessary to melt the chocolate. Using a spoon, drizzle the melted chocolate onto the fruit skewers.
3. Place the tray in the freezer for at least 2 hours. Once frozen, skewers may be transferred to a sealable plastic bag where they will keep in the freezer for up to a week. Allow to soften at room temperature for 5 minutes before eating.

Grape, Feta, & Mint Quinoa Salad

Ingredients:
1 cup quinoa
1 1/3 cups water
1 cup red seedless California grapes
1/2 cup crumbled feta cheese
1/2 cup fresh lemon juice
8 fresh mint leaves, coarsely chopped
sliced green onion tops (optional garnish)

Instructions:
1. Rinse the quinoa in a fine-mesh sieve. Put it in a medium saucepan with the water and bring it to a boil; reduce the heat and simmer, covered, for 12 minutes. Remove from the heat and let stand for 10 minutes. Remove the cover and fluff with a fork. Cover and refrigerate until chilled.
2. Stir together the quinoa, grapes, cheese, lemon juice, and mint in a large bowl. Top with green onions, if desired.

ALABAMA FARM TO SCHOOL