Labatt Produce

FRESH FRUIT AND VEGETABLE PROGRAM

Nutritional Education

BLACK GRAPES

FUN FACTS:

BLACK GRAPES GROW ON CLIMBING VINES, CONTAIN MOSTLY WATER, AND TURN INTO RAISINS WHEN DRIED. THE WAXY TEXTURE ON THE SKIN IS CALLED "BLOOM", WHICH PROTECTS THE GRAPE AND KEEPS IT FRESH!



NUTRITIONAL INFORMATION:

- CONTAINS ANTIOXIDANTS
- GREAT SOURCE OF VITAMIN C AND K!

*This institution is an equal opportunity provider.