



Grape

What Am I?

Grapes are known as nature's candy because of their sweetness. They come in three different colors: red, green, and blue-black. Grapes can be eaten fresh, but they are also used to make raisins, juice, vinegar, and wine.

How Do I Grow?

- Grapes grow on vines that can produce up to 20 pounds of fruit each year.
- Unlike most plants, grapes can tolerate cold winters.
- 97% of grapes sold in the U.S. are grown in California.



Nutrition

Grapes are good sources of vitamin C and fiber. Red grapes also contain flavonoids, which help protect our heart, arteries and blood vessels.

Fun Facts

- There are over 50 varieties of grapes grown in California.
- Concord grapes are native to North America. The only other native fruits are blueberries and cranberries.
- Italy produces the most grapes in the world.
- Grapes do not sweeten after they are picked.

