



Give Them More
— of the —
Good Stuff!

Grape Basics

Shop and Save

- ✿ Grapes are commonly purple, red or pale green. They may be seedless or have seeds. Try different colors, sizes and textures by choosing the variety that is lowest in price.
- ✿ Look for firm, plump grapes that are firmly attached to green, flexible stems.
- ✿ Avoid grapes that are shriveled, sticky, have brown spots or have dry, brittle stems.
- ✿ Grapes are available year round in most grocery stores. In Oregon, look for locally grown grapes at farm stands and U-pick farms in September and October.

*Grapes contain vitamins C and K,
which help heal cuts.*



Raisins

- ✿ Raisins are dried grapes that can be brown or golden, depending on how they are dried.
- ✿ Look for raisins in tightly-sealed containers or covered bulk bins. They should feel soft and bend easily.
- ✿ Store raisins in an airtight container in a cool, dry and dark place.
- ✿ Once opened, reseal the package to help prevent hardening. For best quality use within 6 months.
- ✿ If raisins become hard, soak in hot liquid for 5 to 15 minutes. Drain and use.

Store Well Waste Less

- Leave grapes on the stem but remove any that are shriveled, brown or moldy.
- Refrigerate grapes in a container that allows air to move around them. For best quality, use within 7 to 10 days.



- Rinse under cool water just before eating. Extra moisture during storage speeds spoilage.
- Freeze grapes for a refreshing snack. Rinse and dry, then spread on a baking sheet. Freeze until solid then package in an airtight container.



*Fresh or frozen grapes
make a tasty snack.
For children under four,
cut grapes lengthwise
into quarters or halves
to make them safer
to swallow.*

Enjoy Grapes

Grape and Cucumber Salad

Ingredients:

- 3 cups **grapes**, cut in half or quarters
- 3 cups sliced **cucumber**
- ¼ cup thinly sliced **green onion**

Dressing:

- ¼ cup **vinegar** (any type)
- 1 teaspoon **vegetable oil**
- 2 teaspoons packed **brown sugar**
- ¾ teaspoon **salt**
- ¼ teaspoon **hot sauce** (optional)

Directions:

1. In a medium bowl, combine the grapes, cucumber and green onion.
2. In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients.
3. Pour dressing over grapes and cucumbers and stir until mixed. Refrigerate until served.
4. Refrigerate leftovers within 2 hours.

Makes 6 cups

Prep time: 15 minutes

Grape Salsa

Ingredients:

- 2 cups **grapes**, cut in small pieces
- ½ cup sliced **green onion**
- ½ cup diced **hot pepper** (try Anaheim, poblano or jalapeño)
- 2 Tablespoons chopped **cilantro**
- 2 Tablespoons **vinegar**
- ¼ teaspoon **garlic powder** or 1 clove garlic, minced
- ½ teaspoon **salt**
- ⅛ teaspoon **hot sauce**

Directions:

1. Combine all ingredients in medium bowl and mix well. Let stand at least 1 hour. Drain off excess liquid before serving.
2. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 20 minutes + 1 hour standing time

Visit
FoodHero.org
for more tasty
ways to use
grapes.

Fruited Tabouli

Ingredients:

- 1 ½ cups low-sodium **broth** (chicken or vegetable)
- 1 cup **bulgur**
- 1 cup **grapes**, cut in half or quarters
- ⅓ cup minced **onion**
- 3 Tablespoons chopped fresh **mint leaves** or parsley
- 1 small **orange**, peeled and diced or ¾ cup (one 11-ounce can) mandarin oranges, drained

Dressing:

- 2 Tablespoons **vegetable oil**
- 2 Tablespoons **lemon juice** or vinegar
- 2 teaspoons **sugar**
- ¼ teaspoon **salt**
- ½ teaspoon **ground ginger**
- ½ teaspoon **cumin**
- ¼ teaspoon **black pepper**

Directions:

1. Heat broth to boiling, stir in bulgur and turn off heat. Cover and set aside for 25 minutes.
2. Remove the cover and fluff the bulgur with a fork. Let cool at least 5 minutes.
3. Stir in grapes, onion, mint (or parsley) and orange.
4. In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients. Pour over bulgur and toss well. Chill until ready to serve.
5. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 25 minutes + cooling time



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ rinse grapes under cool running water.
- ✿ safely cut grapes in half or quarters.