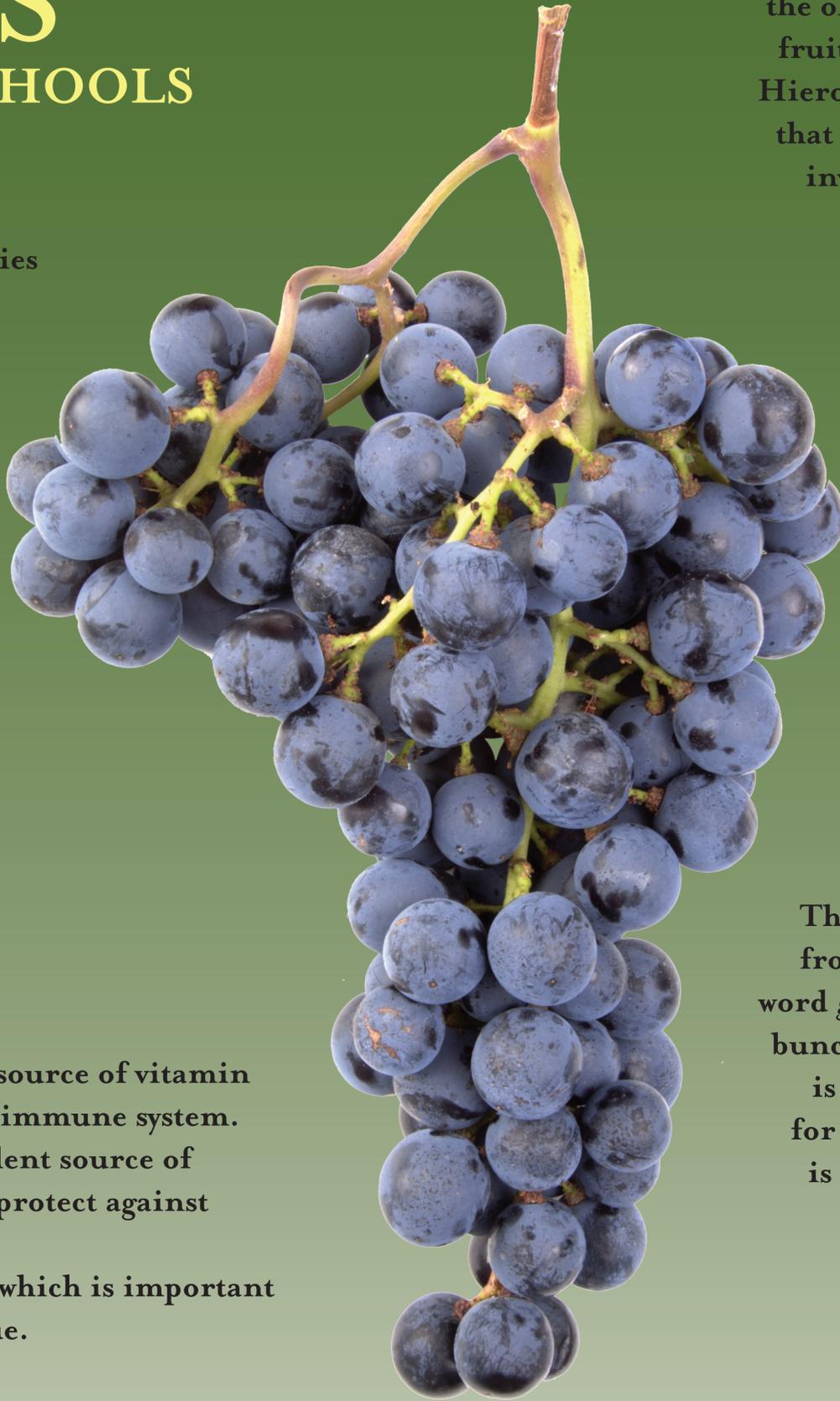


OREGON GRAPES GROWN FOR SCHOOLS

Different grape varieties (called cultivars) are suited to different climates and regions.

Grapes are one of the oldest cultivated fruits in the world. Hieroglyphics reveal that Egyptians were involved in grape production!



NUTRIENTS FOUND IN GRAPES

- ~ Grapes are an excellent source of vitamin C, which supports one's immune system.
- ~ Grapes are also an excellent source of vitamin K, which helps protect against heart disease.
- ~ Grapes contain copper, which is important for building strong tissue.

The word *grape* came from the Old French word *grap*, which means bunch or cluster. *Grap* is also the word used for the long hook that is sometimes used to harvest grapes.



Grapes can be grown all throughout Oregon, but require a cool winter and a warm growing season, so they are often planted on slopes facing south.



The Concord is a grape variety that is often used to make grape juice.



On average, there are over 100 grapes in each bunch!