



Give Them More
of the
Good Stuff!

Grape Basics

Shop and Save

- ✿ For eating fresh, choose table grapes. They have thinner skins and are sweet and juicy. Grapes grown for juice or wine have thicker skins and much more sugar.
- ✿ Look for firm, plump grapes that are firmly attached to green, flexible stems.
- ✿ Avoid grapes that are shriveled, sticky, have brown spots, or with dry, brittle stems.
- ✿ 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.

All grapes – any color –
contain vitamins C and K
which help heal cuts.



Raisins

- ✿ Depending on the variety of grape, raisins (dried grapes) become dark brown or golden.
- ✿ Look for tightly-sealed containers or covered bulk bins. Raisins should feel soft and pliable.
- ✿ Store raisins in an airtight container in a cool, dry, dark place.
- ✿ Once opened, reseal the package tightly 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.
- ✿ It takes 1 cup of grapes to make 1/4 cup of raisins. They both have about 100 calories.

Store Well Waste Less

- Leave grapes on the stem but remove any grapes that are shriveled, brown, or moldy.
- Grapes can be kept on the countertop for a day or two, but last longer when refrigerated. Place them in an open container or



- perforated plastic bag. For best quality, use within 7 to 10 days.
- Rinse under cool water just before eating. Extra moisture during storage speeds spoilage.

▶ Whole grapes are a serious choking hazard for children younger than four years old. Cut grapes in half lengthwise or even into quarters.



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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**
1 teaspoon **oil**
2 teaspoons **brown sugar**
¾ teaspoon **salt**
¼ teaspoon **hot sauce**, optional

Directions:

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

Makes 6 cups

Prep time: 15 minutes

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

Fruited Tabbouleh

Ingredients:

1½ cups **broth**, chicken or vegetable
1 cup **bulgur wheat**
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 **oil**
2 Tablespoons **lemon juice** or **vinegar**
2 teaspoons **sugar**
¼ teaspoon **salt**
½ teaspoon **ground ginger**
½ teaspoon **ground 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

Grape Salsa

Ingredients:

2 cups **grapes**, cut in pieces
½ cup sliced **green onion**
½ cup diced **Anaheim chilies**, fresh or canned
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; 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



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

- **rinse grapes under cool running water.**
- **cut grapes in half or smaller to reduce the chance of choking.**