

# Grapes



## Selecting

There are 3 main types of grapes: white/green, red/purple, and blue/black. Each has a slightly different level of sweetness and juiciness.

Because grapes do not ripen after picking, look for fruit at its peak of ripeness. Always avoid wrinkled or sticky grapes. Select grapes that are plump. And check that they are firmly attached to green stems. (The one exception to this rule is Emperor variety, as it is attached to a brown, woody stem.)

## Storing

Keep grapes in the fridge, unwashed, in a perforated plastic bag. (You will often find grapes sold in perforated bags.) When stored this way, grapes will keep for about 1 week.

## Preparing

Rinse well before serving. For best flavour, serve at room temperature.

Note that grapes freeze well and so can be stored for long periods of time. Simply wash the fruit, dry with paper towel, remove stems, and arrange in a single

layer on a baking sheet. Freeze until solid, then store in a freezer bag. Prepared this way, grapes will last up to a year. For an interesting taste sensation, eat the grapes frozen...There is no need to defrost them.

## Eating

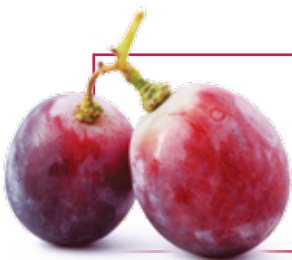
Grapes are most often eaten as-is and make a delicious addition to fruit or vegetable salads. Grapes also create exceptional flavour balance when added to a cheese tray.

## Seasonality

Grapes are available all year round.

## Nutrition

About 100g of grapes have 69 calories. Grapes contain flavonoids which are phytochemicals that help to keep you healthy and may also help prevent some types of chronic diseases such as diabetes and heart disease.



**Try this recipe for Grilled Grape, Strawberry & Mango Skewers with Honey-Orange.**

[www.halfyourplate.ca/recipe/grilled-grape-strawberry-mango-skewers-with-honey-orange/](http://www.halfyourplate.ca/recipe/grilled-grape-strawberry-mango-skewers-with-honey-orange/)

