



Grape, Red

- Color: Blush - red
- Flesh Description: Crisp, firm texture with juicy interior.
- Shape: Cylindrical.
- Skin Texture: Firm and crisp.
- Usage: Good snacking grape.
- Taste: Sweetly tart, almost spicy flavor.

Purchasing Specifications

Availability:

Year round

Growing Regions:

Canada, Chile, Mexico, USA

Receiving Information:

- Grape bunches should be well-colored with plump berries firmly attached to green pliable stems.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No; see "shatter" note below
- Water Sprinkle: No
- Odor Producer: Yes
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: Yes
- Shatter: Detachment of berries from the cluster is called chatter. Shatter increases with rough or excessive handling. Shatter can be reduced by gentle handling and maintaining recommended temperature and humidity levels. Table grapes are not sensitive to ethylene. However, exposure to ethylene may be a secondary factor in shatter.
- Washing: Never wash grapes in preparation for the display. The natural protective layer, called bloom, will be removed. This allows for dehydration or water loss to occur. Once the bloom is removed, it dramatically increases susceptibility to mold and decay.
- Ripening: Grapes are harvested when fully ripe and do not continue to ripen after being picked. They are ready to eat the minute they are brought home.
- Air circulation: Grape lugs should be kept away from air blasts to avoid drying.
- Use: Grapes are most often eaten as a snack, but they can be added to salads and vegetable kebabs. They can also be frozen.
- Refrigeration: Grapes should be stored unwashed and away from onions or other strong smelling foods. When stored properly grapes will remain fresh for up to one week.
- Selection: Select bunches of grapes with colorful, plump clusters that are attached to pliable, green stems. Avoid bunches that have shriveled, discolored or mushy grapes.

Nutrition Facts

Serving Size: 1 cup, seedless

Amount Per Serving

Calories 104

Fat Calories

% Daily Value*

Total Fat 0 g

Sat Fat 0 g

Trans Fat

Cholesterol 0 mg

Sodium 3mg

0%

Total Carbohydrates 27g

21%

Dietary Fiber 1g

5%

Sugars 23g

Protein 1g

2%

Potassium 288mg

6%

Vitamin A 1%

Vitamin C 22%

Calcium 2%

Iron 3%

*Percent Daily Values are based on a 2,000-calorie diet.