

# freshpick review

## Grab A Bunch Of Goodness With GRAPES

Growing grapes is one of the world's largest food industries with about 67.5 million tons harvested every year. Currently, there are more than 8,000 different varieties of grapes, with 50 varieties being grown in California alone! Some of the more popular ways grapes are enjoyed by everyone include being eaten fresh, in preserves, canned in jellies, dried into raisins, or crushed for both juice and wine.

Grapes maintain good quality for around two to three days when placed in the refrigerator and stored in a covered container or plastic bag. Table grapes are best served slightly chilled to enhance their crisp texture and refreshing flavor, but will last longer if canned, frozen or made into juice. They can also be dried and transformed into raisins, which are the perfect snack or addition to a variety of baked goods.

## Nutrition NOTES

Grapes certainly pack a nutritious punch. All grapes, both red and green, contain about 90 calories per serving and provide 25 % of the Vitamin C you need to consume daily. Along with Vitamin C, grapes also contain Vitamin A, B1 and B2, as well as iron, fiber, and potassium, which give grapes the ability to reduce cholesterol, lower blood pressure, and improve the elasticity of arteries.



The *Fresh Pick Review* is an informative newsletter designed to provide a variety of interesting facts, figures and health benefits as they relate to our featured **Fresh Pick** item of the month. We hope you enjoy this newsletter and if you have any feedback on how to make our *Fresh Pick Review* even better, please email your suggestions or comments to [freshpick@ideaworksfoodmarketing.com](mailto:freshpick@ideaworksfoodmarketing.com).

## Did You KNOW?

- California's fresh grape industry is made up of approximately 550 farmers.
- Grapevines can spread more than 50 feet!



Nutrition • Achievement • Environment • Community • Activity





## Let's Get Cooking

### GRAPE CHICKEN CAESAR WRAP (MAKES 1 SANDWICH)

#### INGREDIENTS:

- 1 flour wrap/tortilla, 12-inch
- 1/3 cup California red seedless grapes, stemmed, halved
- 1/3 cup chicken breast, grilled, sliced
- 1 Tbsp. creamy Caesar dressing
- 1 cup romaine lettuce, cut
- 1 Tbsp. shredded Parmesan cheese

#### NUTRITION FACTS:

388 calories, 13g fat,  
626mg sodium, 3g fiber

#### DIRECTIONS:

1. Lay out wrap (heat if desired in a steamer or on a flat top) and starting on the lower third, layer ingredients in order listed.
2. Fold lower third of wrap up over filling and fold outer edges inwards to close the ends then continue rolling up to complete the cylinder. (Like a burrito.)
3. Serve whole or cut in half on a bias.



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Better Health** program.

California Table Grape Commission  
392 W. Fallbrook Avenue, Suite 101  
Fresno, CA 93711  
Ph: 559.447.8350 Fax: 559.447.9184  
info@grapesfromcalifornia.com  
www.grapesfromcalifornia.com

## By The NUMBERS

**99%** Percentage of  
**FRESH GRAPES**  
grown in the United States which  
are produced in California.



**8 POUNDS**  
THE AMOUNT OF GRAPES THE  
**AVERAGE PERSON**  
EATS EACH YEAR

**freshpick**  
for better health  
by sodexo

# For The RECORD



## MOST PEOPLE TREADING GRAPES

**WHO** Leticia Alfaya Lozano, ACOBASA (Spain)  
**WHERE** Spain  
**WHEN** September 25, 2010  
**DETAILS** The most people treading grapes is 977 and was achieved by ACOBASA (Spain), at an event organised by Leticia Alfaya Lozano (Spain) in Labastida, Álava, Spain on 25 September 2010.



## It's All HISTORY

- **6000 B.C.** – Common grape vine varieties are first cultivated near northern Iran between the Black and Caspian seas.
- **1000 B.C.** – Cultivation reaches Italy, Sicily and North Africa.
- **1839** – Kentucky-native William Wolfskill plants the first table grape vineyard in California.
- **1860** – English settler William Thompson plants a Mediterranean grape called the "Oval Kishmish" near Yuba City north of Sacramento. This popular green variety is now known as the Thompson Seedless.
- **1970** – Per capita consumption of grapes in the United States reaches 2.5 pounds.
- **Today** – Per capita consumption of grapes in the United States reaches 8.4 pounds.

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