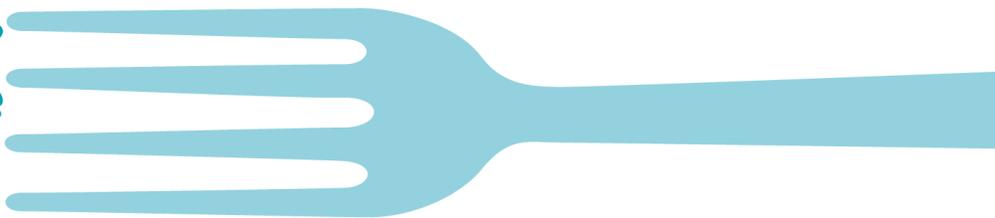


Harvest of the Month



September



Grapes



Pick:

- Choose plump, colorful grapes with no mold or brown spots.
- Grapes should be securely attached to their stems.

Store:

- Store unwashed grapes in a plastic bag in the refrigerator and use within a few days.
- For longer storage, freeze clean grapes in a single layer on a cookie sheet. Once frozen, place grapes in a freezer bag and use within 6 months.

Prepare:

- Rinse under cold water just before consumption.

Nutrition Info

One cup of grapes has 105 calories and provides vitamin C and fiber.

Fun Facts

Concord grapes are one of only three fruits native to North America. The other two native fruits are blueberries and cranberries.

The grape ranks in the world's top ten list of favorite fruits. There are over 8,000 varieties of grapes!

Uses

Grapes can be added to lettuce salad, fruit salad, or chicken salad.

Frozen grapes are a refreshing snack that kids of all ages can enjoy.

For breakfast pair grapes with melon and top with low-fat yogurt.

We Want to Hear From You!

Share your fruit and vegetable tidbits and tales and be entered into a drawing for a \$25 gift certificate! *Each month we'll ask a new question...and give you a new chance to win!*

Here's This Month's Question:

Elementary schools throughout La Crosse County are using a variety of strategies to get kids to eat more fruits and vegetables, including Farm2School and school gardens. Has a child you know mentioned anything about their experience to you? When sharing quotes, please make them anonymous (do not include the child's name).

To Enter:

Answer this month's question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month's drawing, please send your response no later than Sept. 30th, 2013 by e-mail to HOMstories@lacrossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty

Harvest of the Month

Nutrition Facts

Serving Size 1 cup (182g)
Servings Per Container 7

Amount Per Serving

Calories 160 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 33g **11%**

Dietary Fiber 3g **12%**

Sugars 27g

Protein 4g

Vitamin A 2% • Vitamin C 15%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Waldorf Salad

Serves 7 (1 cup per serving)

Ingredients:

2 apples, unpeeled and chopped

1 pear, unpeeled and chopped

1 Tbsp. lemon juice

2 cup grapes, halved

½ cup Craisins

1 stalk celery, sliced

¼ cup walnuts

8 ounces low-fat plain Greek yogurt

2 Tbsp. honey

Directions:

In a mixing bowl, combine apples and pears with lemon juice. Stir in grapes, Craisins, celery and walnuts; set aside. In a separate bowl combine yogurt and honey; pour over fruit mixture. Chill until serving.

For more information on Farm2School & Foot Steps to Health visit:

www.GetActiveLacrosse.org

Color
Grapes!

