

Harvest of the Month



May  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 and adults can enjoy.
- For breakfast, pair grapes with melon and top with yogurt and granola.

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:

Ah, spring is finally here, and the earth is ready for planting. This month, we're calling all gardeners to offer words of wisdom and inspiration. Whether this is your first or your fiftieth season tilling the land, tell us why you garden. What motivates you to get out there and dig in the dirt? What do you grow, and how do you and/or your family benefit? What community resources provide the tools, resources, and know-how to help you in this effort?

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 May 31st, 2014 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 (278g)
Servings Per Container 4

Amount Per Serving

Calories 280 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 34g **11%**

Dietary Fiber 2g **8%**

Sugars 29g

Protein 19g

Vitamin A 0% • Vitamin C 15%

Calcium 10% • 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

PB & J Yogurt

Serves 4

Ingredients:

- 3 cups plain Greek yogurt
- 2 cups grapes, sliced
- 3 Tbsp. strawberry jelly
- ¼ cup peanut butter
- 1 Tbsp. sliced almonds

Directions:

Place yogurt and fruit in a bowl. Top with jelly, peanut butter and sliced almonds.

For more information on Farm2School & Foot Steps to Health visit:
www.GetActiveLacrosse.org/

Color
Grapes!

