

SHOPPER TIPS

- Choose bunches that are somewhat tight, with fresh stems and grapes firmly attached.
- Look for grapes even in color.
- Avoid mold-spotted, wrinkled, raisin-like, or sticky grapes.

WHAT'S IN IT FOR YOU?

- Grapes are an excellent source of vitamin C, manganese, and vitamin K.
- Grapes contain flavonoids, which are powerful antioxidants.

SERVING IDEAS

- Be sure to rinse and pat dry grapes before consuming.
- Add grapes to yogurt, cereals, or just alone as a snack!

PEAK SEASON

- August - September is the peak season for grapes.
- Grapes are predominately grown in northern counties in Florida.

STORAGE

- Store grapes in a plastic bag in the refrigerator crisper or drawer for up to one week.
- Store grapes away from other produce because they readily absorb odors.

Produce
of the Month



Scan here to take our quick survey and be eligible

for a



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SEPT.
11 & 19

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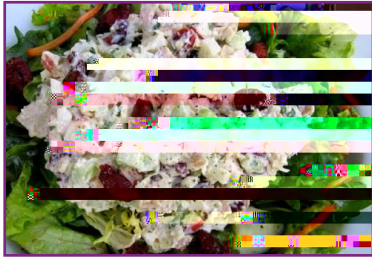
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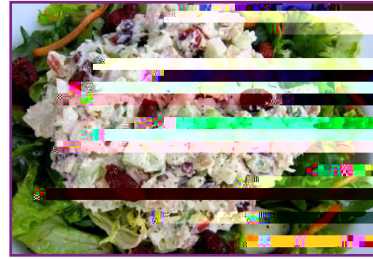




Healthy

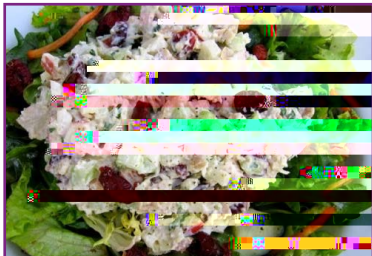
Nutrition Facts Healthy Chicken Salad

Servings Per Recipe: 4 Calories: 166.8 Total Fat: 1.5g Cholesterol: 65.7mg
Sodium: 191.9mg Total Carbohydrates: 7.8g Dietary Fiber: 2.7g Protein: 29.5g



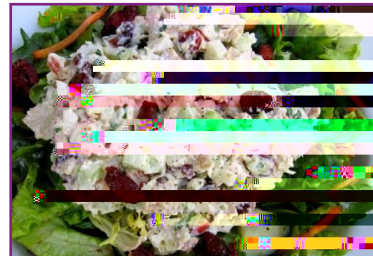
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