**Farm Fresh**

**Grapes**

- **Stalk**
- **Skin**
- **Seeds**
- **Pulp**

**Food for Fuel**

Grapes provide unique health benefits. They are full of essential vitamins and a natural source of beneficial antioxidants.

**Here are some of the health benefits of including grapes in your diet:**

**Healthy Heart**

Polyphenols in grapes may help promote the relaxation of blood vessels to support healthy blood flow and pressure.

**Strong Brain**

Grapes are a natural source of flavonoids, a compound associated with decreased risk of developing Alzheimer dementia.

**Healthy Skin**

The vitamin C and antioxidants found in grapes can help revitalize your skin and make it less sensitive to sun damage.

“**As a farmer, my goal is to maintain and improve the soil while also striving to improve the crops and products we grow.**”

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**Grapes are found in bunches of 15 to 300 berries. Most average around 100.**

**There are approximately 10,000 different varieties of grapes grown worldwide.**

**Spanish explorers brought European grapes to America in 1592.**

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- **Thomas Benzler**
  Grape Farmer | Fresno/Sanger, CA

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**Did you know?**

What happened when the grape was promoted?

“**It got a raisin pay!**”

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