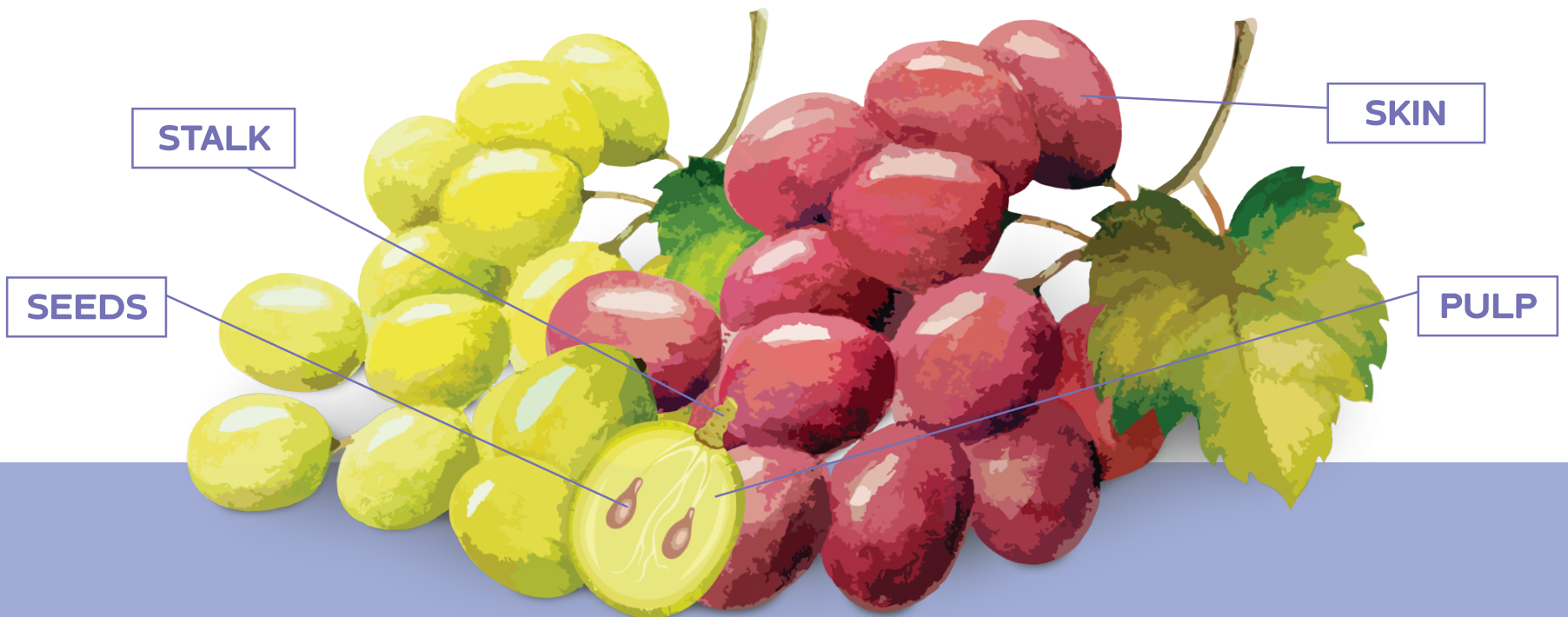


- FARM FRESH -

# Grapes



## 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 flavonols, 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."*



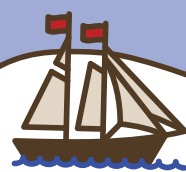
- Thomas Benzler  
Grape Farmer | Fresno/Sanger, CA

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



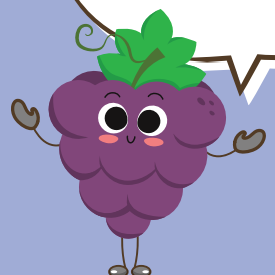
**Did you know?**

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



Spanish explorers brought European grapes to America in 1492.

What happened when the grape was promoted?



"It got a raisin pay!"

© 2021 California Foundation for Agriculture in the Classroom



Scan the code with your smartphone to find out more about table grapes.