

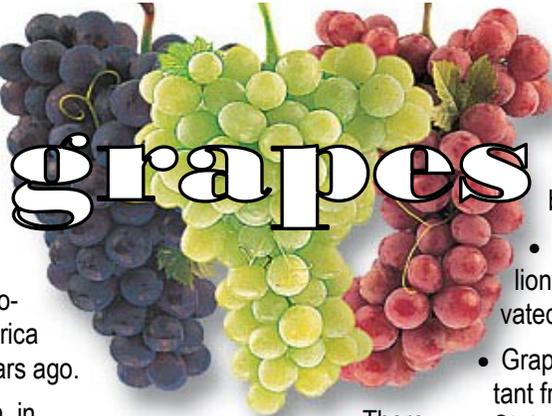
# DIRT fresh news



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Stanislaus County

## Facts

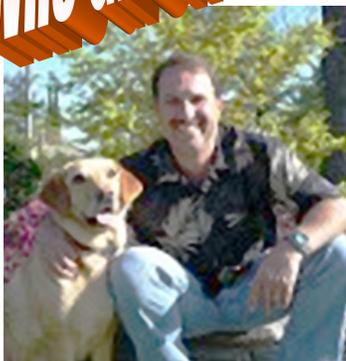
- The grape is one of the oldest fruits to be cultivated throughout the world.
- Spanish explorers introduced the fruit to America approximately 300 years ago.
- The fruit is eaten fresh, in preserves or canned in jellies, dried into raisins, and crushed for juice or wine.



• There are more than 8,000 varieties of grapes, and they can all be used to make juice.

- The average person eats eight pounds of grapes a year.
- Botanically, grapes belong to the family of berries.
- There are about 25 million acres of grapes cultivated worldwide.
- Grapes are the most important fruit crop in the United States! Next comes apples, oranges and then strawberries. See more of the grape industry on the other side!

## Who Grows Them?



Roger Duncan has been the Pomology Farm Advisor for University of California Cooperative Extension since 1994. Pomology is the study of growing fruit. Another word for growing is "cultivation."

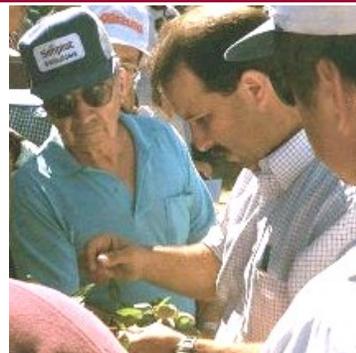
Roger studies peaches and grapes. He also grows them at

the Modesto Ag Center located on the corner of Crows Landing Road and Service Road. Maybe you've driven by and seen his grapes vines.

Roger works hard to find ways to help farmers. He teaches them the information he learns. This help saves them time and money.

Roger was recently given an award because he and a group of researchers developed a way to help farmers use less pesticide. He has been invited all over the world to share what he knows. He has been to places like Greece and Spain.

The grapes you are eating were grown by Roger. Farmers come from all over the area to hear about his latest work.



## Pop Quiz

What does the word "Pomology" mean?

Pome- Latin for fruit

Ology-"the study of"

Where are Greece and Spain?

Find them on a map!

What is a researcher?

## Table Grape Nutrition Facts

Serving Size about 1 cup (92 g)

Amount Per Serving	
Calories 62	Calories from Fat 3
% Daily Value*	

Total Fat 0g	0%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrates 16g	5%
Dietary Fiber 1g	3%
Sugars 15g	

Protein 1g	
Vitamin A	2% • Vitamin C 6%
Calcium	1% • Iron 1%

\*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	2000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400 mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Apple & Grape Parfait

### Ingredients

- 1/3 cup orange juice, fresh squeezed
- 1/4 teaspoon vanilla extract
- 1/2 tbs. honey
- A pinch of cinnamon
- 1 orange, peeled
- 1 apple, peeled, cored and diced
- 1 cup mixed grapes, sliced in half
- Mint sprigs for garnish (optional)

### Directions:

Pour the orange juice into a small mixing bowl or cup. Add vanilla, honey and cinnamon. Mix well and set aside.

Make layers in glasses. First add some apples, then the sliced grapes; then orange, then repeat all three. Stir the orange juice and pour over the fruit in each glass. Garnish with mint sprigs and sprinkle with a dash of cinnamon.



By Terri Spezzano,  
**Nutrition, Family and Consumer  
 Sciences Advisor**  
 University of California  
 Cooperative Extension

With cold and flu season getting an early and frightening start this year we need to do all that we can to keep ourselves and kids healthy. Here are some tips to keep the flu bug away:

Start everyday with a healthy breakfast, many schools have free breakfast available. Also, keep healthy snacks available.

Grandma was right about an apple a day keeping the doctor away! There is no reason to stop at an apple, try an orange, carrot sticks, grapes, and nuts,

etc.  
 Drink water! There is no "magic" amount of water to be consumed. Keep water available and restrict other liquids. Juice should be limited to 100% juice at 4-6 oz for kids under 6 and 8 oz for older kids and adults. Preschool children need 2 cups of milk or milk products per day, 3 cups for children 6 – 11 years. Kids do not need sports drinks or sodas.

Reduce sugary snacks and sodas, they are just empty calories with no nutritional value. Kids will fill up and not be able to eat foods that will help them stay healthy.

Make sure kids get at least 1 hour of physical activity a day. Exercise is important. Join your kids in playing a game like freeze tag or "duck duck goose."

Get plenty of sleep-Kids age 5- 11 need 10 – 11 hours of sleep each night

Wash hands frequently, especially after sneezing, playing, using the bathroom, and shaking hands.

Cover coughs and sneezes, or sneeze and cough into your elbow or a cloth.

If you or your kids become ill, stay home and away from others for at least 24 hours after the fever (100°F or 37.8°C) has gone away without the use of fever-reducing medication.



# Industry

- Grape growing is the largest food industry in the world.
- The best selling grape in the U.S. is the Thompson Seedless, which are also used to make Golden raisins.
- California grows over 300,000 tons of grapes each year.
- The world production of grapes is over 72 million tons.
- About 25% of the grapes eaten in the U.S. are imported from Chile.
- California has more than 500,000 acres of wine grapes. (2005)
- It takes about 2 1/2 pounds of grapes to produce a bottle of wine.
- One acre of grapes can produce an average of about 15,000 glasses of wine.

# Teacher Corner

## Research

How many different food or juice products can you think of that come from grapes?

Visit the store to see how many different kinds of grapes you can find. Then Google the word "grapes" and see how many different kinds of grapes exist.

## English

Name some words that rhyme with grape:

**crepe, drape, escape, scrape, tape, etc.**

Look up the meaning of the words you don't know.

Write a one-verse funny poem or short story about grapes. "Once upon a time there was a greedy frog that ate all of his neighbor's grapes..."

## What is a serving?

A serving of grapes is one cup, or about two cupped handfuls.

## Math

Count the grapes in the bunch below to answer the following questions:

1. How many grapes are there?  
 \_\_\_\_\_

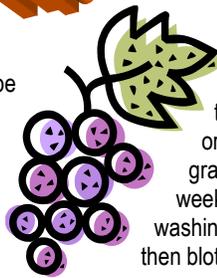
2. If you ate half of the grapes, how many would be left? \_\_\_\_\_

3. If you gave half of the leftover grapes to your friend, how many grapes would you have?  
 \_\_\_\_\_



# Buying Tip Center Storing

Choose bunches that are somewhat tight, with fresh stems. The grapes should be firmly attached and should not have mushy spots. Avoid mold-spotted, wrinkled, raisinlike, or sticky grapes. They do not ripen after harvest.



Store grapes in the refrigerator. Grapes are ripe when picked, and warmer temperatures will cause them to wither or ferment. Under refrigeration, grapes will keep for up to two weeks. Keep grapes on their stems, washing them only at the last minute, then blot them dry.

## FRUITY TUNA SALAD SANDWICHES

### Ingredients:

- 1 can tuna, drained
- 1/2 cup red seedless grapes, halved
- 1/4 cup bottled olive oil and vinegar dressing

**Recipe to try at Home**



- 1/4 cup finely chopped red onion,
- 1/4 cup chopped celery

- 1 tbsp. light mayo
- 4 pieces croissants
- 4 leaves green leaf lettuce

### Directions:

Combine tuna, grapes, dressing, onion and mayonnaise in a medium bowl.

- Stir until combined.

- Cut open bread
- Place lettuce leaves on half bread pieces.
- Spread tuna salad over lettuce, pressing down slightly. Top with remaining bread.

**ENJOY!**

