INCREDIBLE EDIBLE IDAHO

GRAPE

Photo Credit: Dr. Esmaeil Fallahi from University of Idaho

IDAHO GRAPE FACTS:

Idaho's warm days and cool nights produce a sweet, crisp grape.

It takes a vine 3 years to mature before it produces grape clusters.

A mature vine can produce over 60 pounds of grapes.

Idaho grows mainly seedless grape varieties, including Alborz (red), Emerald (green) and Jupiter (black).

The average grape vineyard in Idaho is 5 acres, about the size of 5 football fields.

GRAPE NUTRITION FACTS:

Grapes are a source of Vitamin C and K.

Grapes have no cholesterol or fat.

Grapes contain antioxidants that help protect the body against cancer.

Grapes also contain Thiamin, Riboflavin, Vitamin B-6, Potassium.

Counties where table grapes are grown:
Ada, Payette, Gem, Canyon and Elmore

Classroom handouts of this poster and correlating activity sheets can be printed at www.sde.idaho.gov/site/cnp/farmToSchool/fom.htm