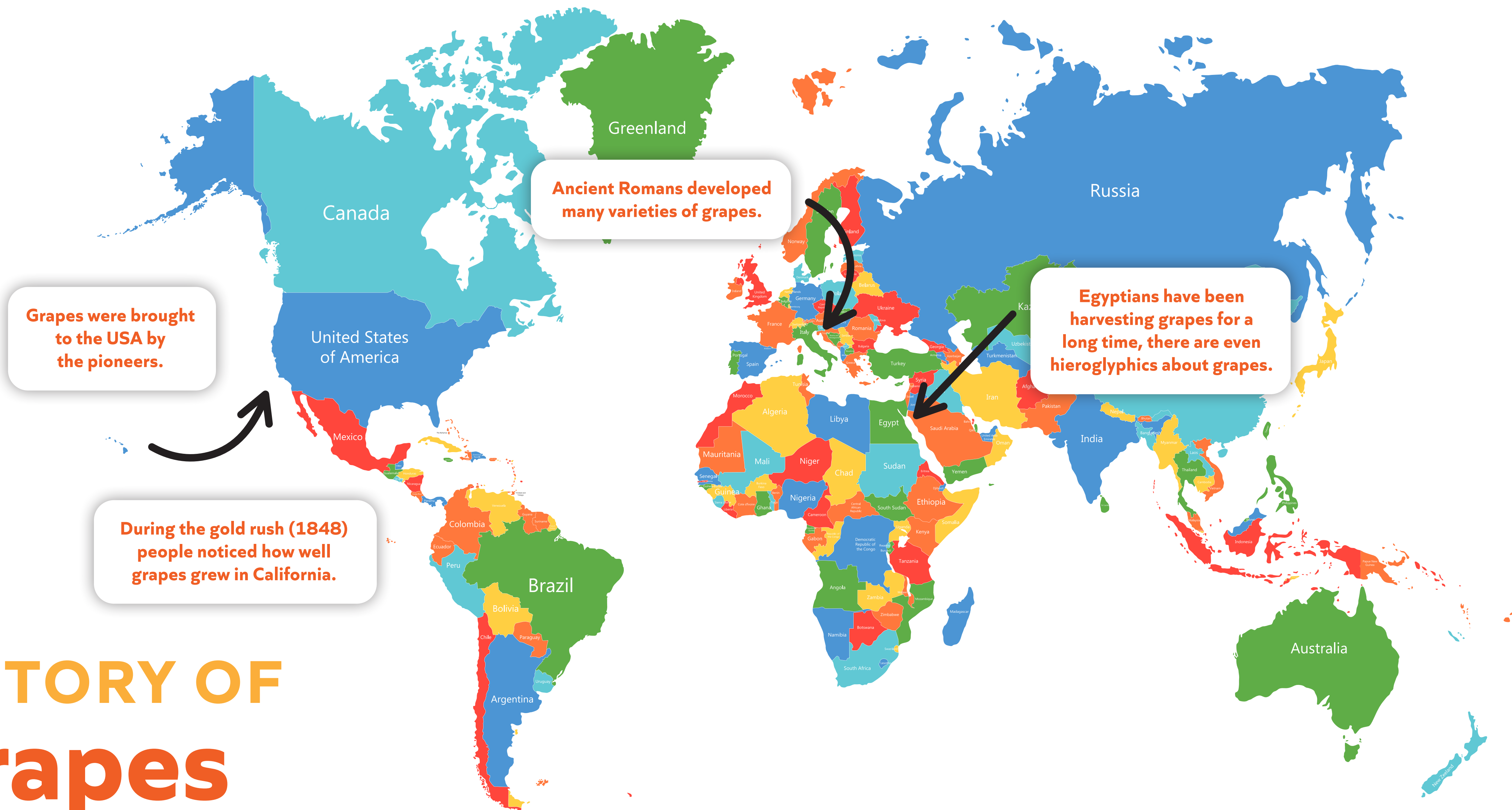


HARVEST OF THE MONTH:

Grapes



HISTORY OF Grapes





**Grapes grow on a
vine that can live
for 100 years.**

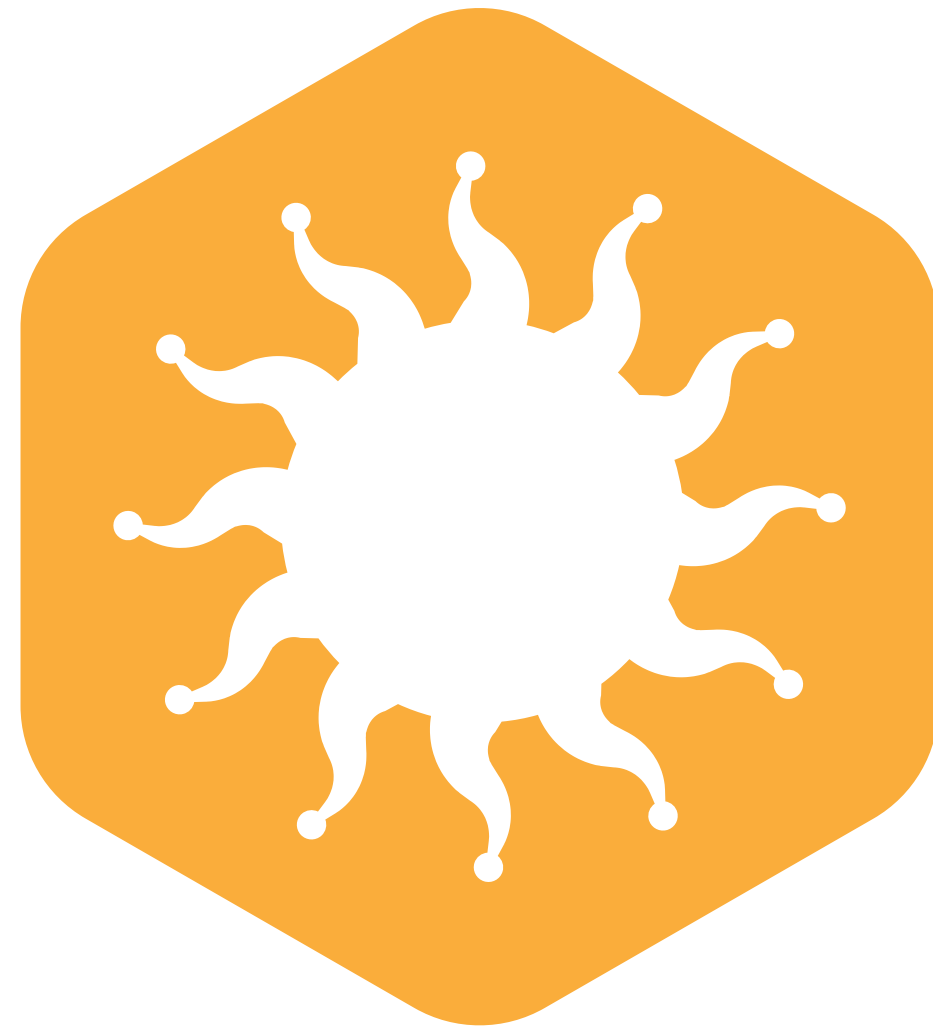
HOW DO GRAPES GROW?



**After pollination,
grape flowers swell
to become the
grapes we eat.**

HOW DO GRAPES GROW?

WHAT SEASON DO WE PICK GRAPES?



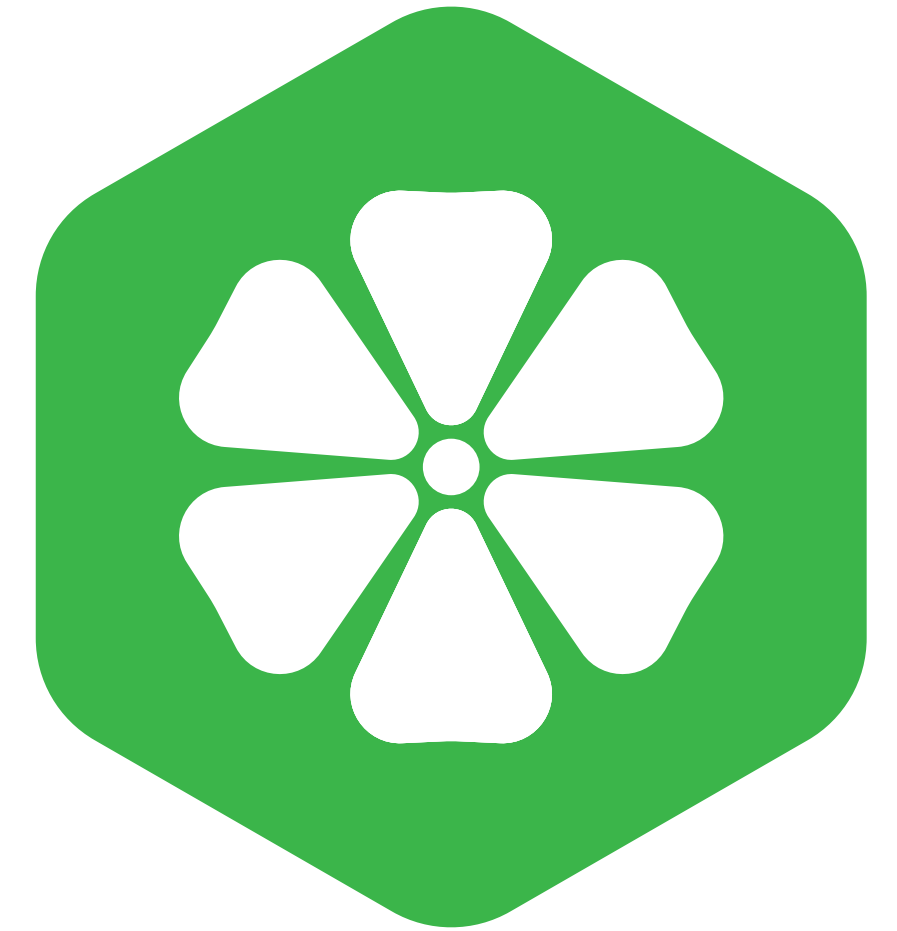
SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT GRAPES?

Antioxidants



**Healthy immune system
(prevents colds)**



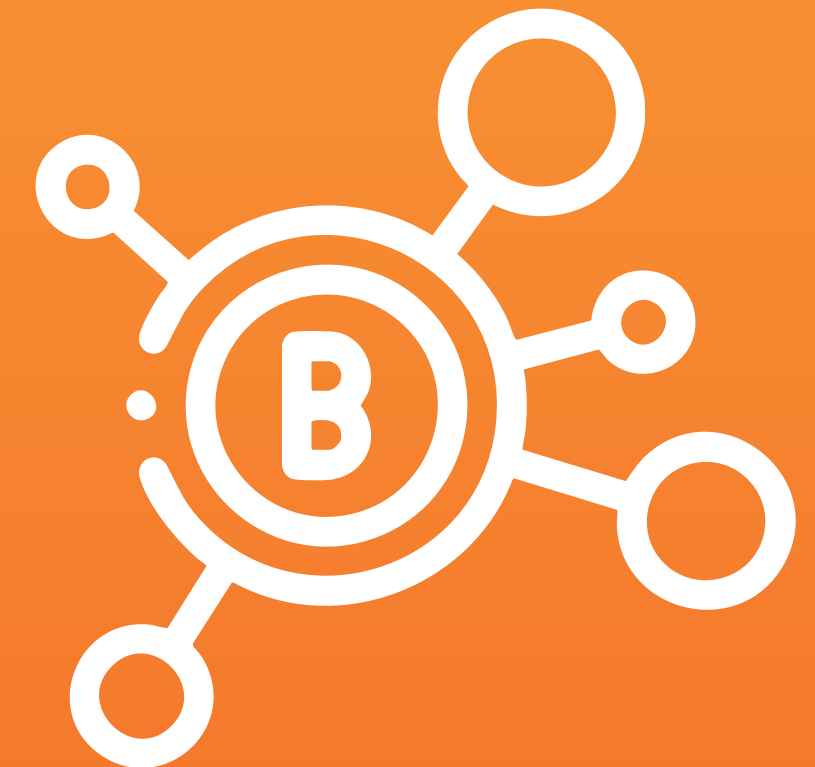
Healthy eyes



**Contains vitamin
K – heals cuts**



**B Vitamins
(Healthy bodies,
cell metabolism)**



HOW DO YOU PICK A GOOD GRAPES?

- Grapes should be plump and without bruises and cuts.
- The stems should also be firmly attached to the grapes.
- Grapes can have pesticides on them. When you get them home soak them in water with salt and vinegar for 10-15 minutes.

FUN FACT: Grapes can be many different colors, from white all the way to really dark purple.





LET'S TRY SOME
Grapes!

