



Cotton Candy Grapes

#GG786 | 8/2 Lb

Overview:

Cotton Candy Grapes are a hybrid varietal made by cross-pollinating Concord grapes and the commonly sold white (green) grapes. The Cotton Candy Grape is sweeter than the average grape, but surprisingly is 100% naturally grown and GMO Free. As you might expect by the name, these grapes do taste just like Cotton Candy!

History:

Cotton Candy Grapes were developed in Bakersfield, CA by David Cain, a renowned fruit geneticist in the early 2000's. The inspiration for this grape came after Cain sampled a specific varietal of Purple Concord Grape that tasted like cotton candy, but had seeds and a very fragile body. He wanted to develop the grape so that it carried the same flavor, without seeds and with sufficient shelf life to be sold commercially. The current, widely grown seed Cotton Candy Grape seed was patented in 2010 after over 100,000 attempts!

Growing Region:

Cotton Candy Grapes are well known for being grown in California, but now they are also grown in Peru, Spain, Italy, Chile, Brazil, South Africa, Australia, Egypt and Mexico. Although there are supply gaps throughout the year, we regularly source these from South America during the winter season.

Nutrition:

Despite the fact these grapes have an eerily similar taste to Cotton Candy, one of the most popular and least healthy junk foods, Cotton Candy Grapes are as healthy as any other varietal. Grapes are rich in antioxidants, which help lower blood pressure and reduce inflammation!

Preparation:



Preparing grapes is simple but remember to wash the product thoroughly before serving. Grapes are a great snack on their own, or as a component in an appetizer platter or salad.





Watermelon Radish

#90762 | 10/Lb

Overview:

From the outside, watermelon radish has an unassuming appearance, but once you slice into the inner flesh, the true appeal becomes evident. This root vegetable's insides are decorated with hot pink patterns, hence its name. In comparison to the common red radish, the watermelon variety's taste is sweeter and mellow.

Growing Region:

Watermelon radish are hearty vegetables that can grown in several climates. For this reason, they are grown from coast to coast in the United States in all four seasons.

Nutrition:

Watermelon radishes are rich in vitamins and minerals and antioxidants, including vitamins A and C, calcium, magnesium and phosphorus.

Preparation:



Watermelon radishes should be thoroughly washed, but they can be consumed with or without the skin. They can be sliced, diced, cooked or consumed raw. Watermelon radishes have a wide variety of uses, including as salads toppings, on sandwiches, cooked in stir-fries, and pickled. Some preparations call for soaking the pieces in ice water to reduce its peppery profile, but this may not be needed depending on the use.

