



Black Grapes

#B1102 | 18/Lb

Overview:

Black Grapes are a grouping of species known for their bluish-purple and sometimes black skin. Their texture is known to be softer (less crunchy) than most red and green varieties, and they tend to have a smaller size profile. Although most black grapes are known as 'seedless', some occasionally have a few tiny, edible, underdeveloped seeds.

History:

Black Grapes have a long and rich history that dates back thousands of years. Many historians say that the cultivation of these grapes began 6-8 thousand years ago in the regions including modern day Iran, Turkey and Iraq. From these regions, they eventually spread to Europe and rest of the world.

Growing Region:

Today, black grapes are grown in many regions of the world and are commercially available in the U.S through most months of the year. During the domestic season, most grapes are grown in California, but during the winter they are often grown in Peru or Chile.

Nutrition:

Black grapes are often touted as the most nutrient dense all of varieties. Darker fruits and vegetables tend to have the highest antioxidant content, black grapes get their color from the antioxidant, 'anthocyanin.' Black grapes are also known to have a higher density of vitamins, including A, C, and K. Third, resveratrol, a naturally occurring compound, is known for its anti-aging effects and other benefits for your skin!

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.





Medley Tomatoes

#MP784 | 10/Lb

Overview:

Medley grape tomatoes are the same red tomato we are used to, but with multiple color varieties in each case. Depending on the season and region grown, potential color varieties include red, yellow, orange, green, and purple! Right now, is a great time to promote this item, as pricing is currently lower than red cherry or grape tomatoes!

Growing Region:

Depending on the time of year, Medley Grape tomatoes are grown in various regions. Right now, our Medley grape tomatoes are coming from Mexico, but they are also grown in Florida, California, and Canada. At certain times of the year, and especially when supply is low, Medley Grape tomatoes can be much more expensive than the red variety on its own.

Nutrition:

Medley tomatoes are as tasty as they are nutritious. Grape tomatoes are low in fat, calories, and are also a good source of fiber. They also contain the antioxidant, lycopene, as well as a good amount of Vitamins A & C.

Preparation:



Medley Grape tomatoes can be eaten whole or used in salads and many other dishes. Remember to rinse these under water in a colander, and then dry with paper towel before eating.

