



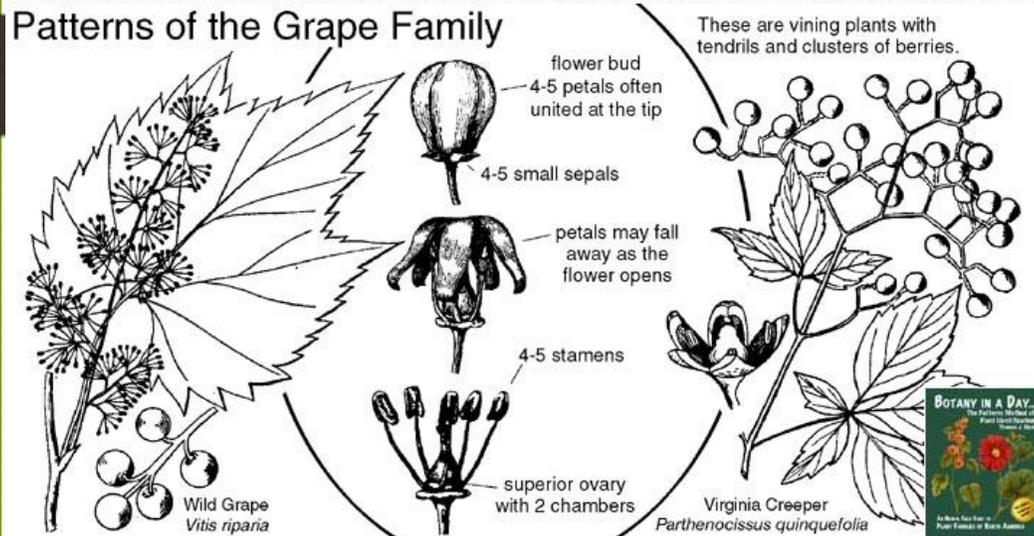
Grapes

A Virtual Field Trip



Part Of The Grape Family

- ❖ Vitaceae is known as the Grape Family
- ❖ Vitis is the genus for vining plants under the Grape Family
- ❖ *Vitis Vinifera* is the botanical name for common grapevine



❑ **Botanically, a grape is considered a berry**

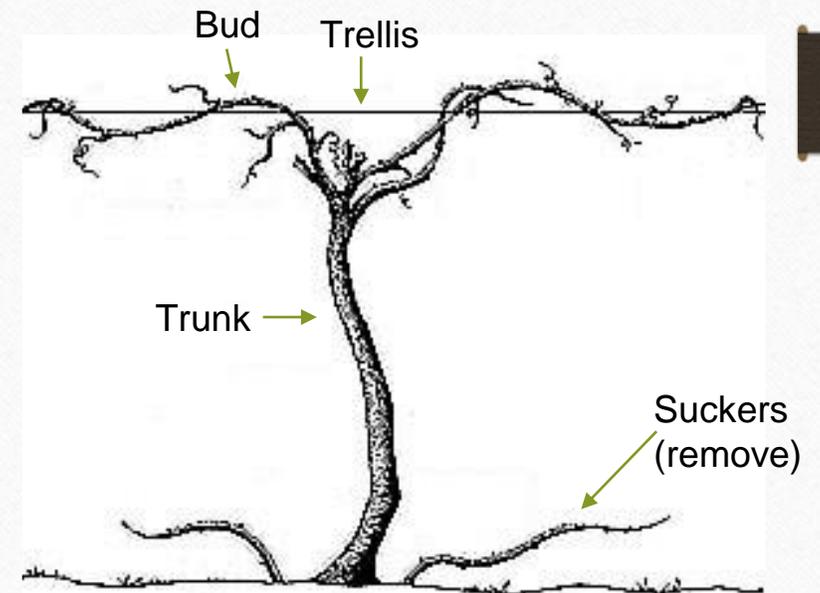
➤ because it's a simple fleshy fruit that usually has many seeds

○ The word "grape" comes from the Old French word "grap" which means bunch or cluster



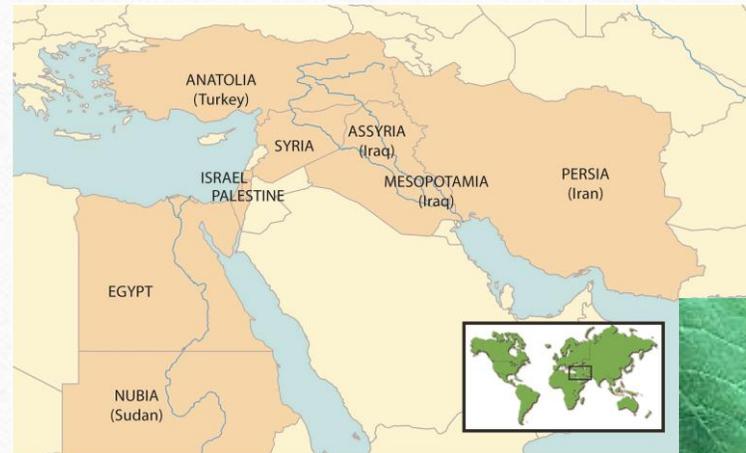
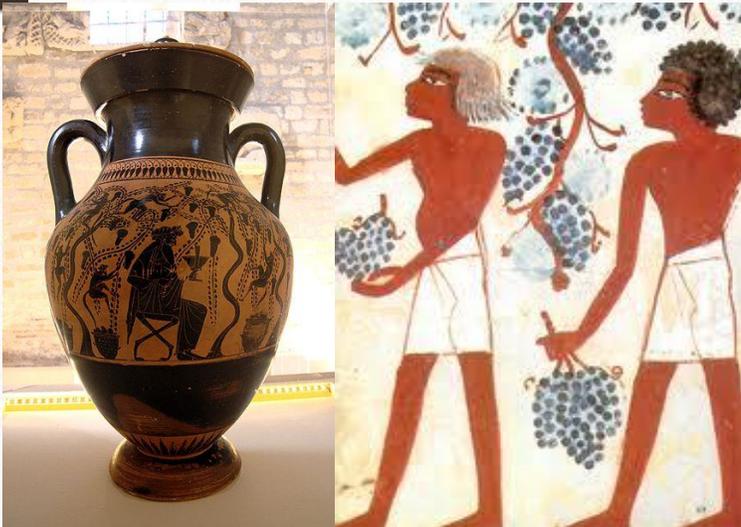
How Do Grapes Grow?

- They grow on climbing, woody vines known as grapevines
 - ❖ The vines need to grow two years before the grapes come
 - ❖ As they grow, the vines need to be supported on trellises
- Bud: where the shoot develops on one-year wood with leaves, tendrils, & flower clusters that develop into grapes
- Suckers, shoots that grow at the lower part of the trunk, are removed so the grapes don't grow on the ground
- Grapes thrive in tropical & subtropical regions with average annual temperatures above 50 F



Origin & Travels

- It originated ~ 8,000 years ago in Persia & spread throughout the region (Near East) by the Phoenicians



- Farming of the grapevine eventually became a cultural significance for Ancient Greece, North Africa, Europe, and even the Americas





California Grapes

- Grapes have been grown in California for more than 200 years
- The tradition of grape growing began in 1769 when Spanish friars established missions throughout the region
 - Padres planted a European grape variety known as the “Mission” in order to make sacramental wine.
- Grapes were planted for fresh consumption in the early 1800s
 - William Wolfskill planted the first grape vineyard in 1839 near present-day Los Angeles
- By the 1850s, the US officially acquired California from Mexico & 80,000 gold prospectors moved to the region with a few of them recognizing the importance of investing in grapes





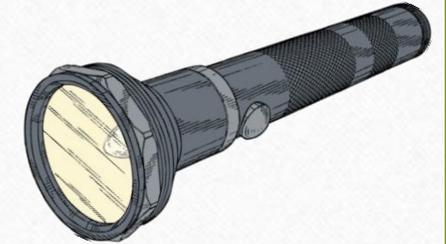
Homegrown in California

- Today, over 99% of grapes commercially grown in the US come from California
- With 82 varieties grown, California grapes come in three colors- green, red, & black
- Most of California's table grape production is in the southern San Joaquin Valley region, with the Coachella Valley region accounting for the bulk of the remaining production
- California Grapes are in season May through January





Local Farm Feature

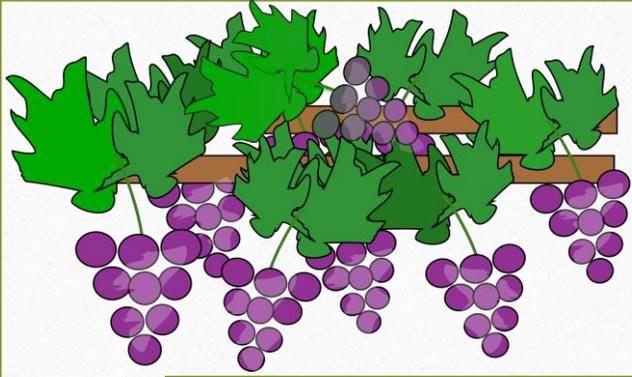


- Long Beach Unified School District sought out locally grown grapes
- This month's featured fruit is Organic Adora Black Seedless Grapes from Sun Pacific Farming Cooperative, inc
 - Sun Pacific was founded by CEO Berne Evans in 1969
 - They have land all over San Joaquin Valley but their Bakersfield & Maricopa locations have been growing table grapes since 1987



- Sun Pacific grows a variety of delicious fruits like Cuties mandarin oranges & Mighties kiwifruit





From Vine to Store



Grapes are snipped off the grapevine



Grapes do not ripen once they're off the vine so timing is important in picking sweet grapes



During the packing process, the packers pack the quality grapes & then take them to a cooler to await transportation



Grapes arrive in stores within 7 days of picking



How To Pick Grapes



- ❖ **Feel** for firm & plump berries that are tightly attached to green, flexible stems



- ❖ **Look** for a bright shade (color depends on the type of grape)
 - A white coating called “bloom” is a naturally occurring substance that protects grapes from moisture loss & decay

Bloom



- ❖ **Smell** for sweet aroma, not sour

How to Store, Wash & Eat Grapes



- Store unwashed in the refrigerator
- When ready to eat, wash grapes under cold water & dry them



- Eat them as a snack, in salads, with cheese, as raisins, or frozen. Make them into jam!





Grape Benefits



- Grapes are high in vitamins K, C & potassium

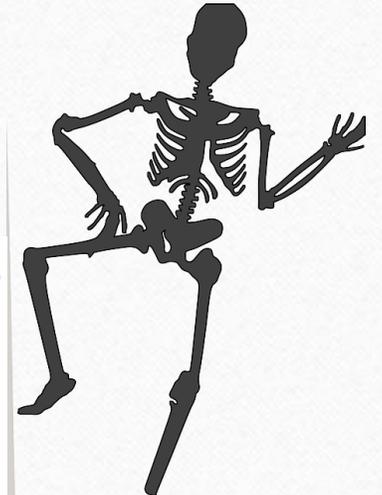
- ❖ Vitamin K is great for bone health
- ❖ Vitamin C promotes wound healing
- ❖ Potassium helps the heart function



- All grapes (red, green and black) contain polyphenols

- ❖ They are found on the skin, flesh and the seeds
- ❖ Polyphenols promote antioxidant activity
- ❖ Antioxidants help repair cells damaged by free radicals

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Fun Facts

- ❑ Grapes are about 80% water– they are very hydrating!
- ❑ Raisins are dried grapes & can be made from any grape skin color
 - Raisins can be made by dehydrating grapes with a dehydrator



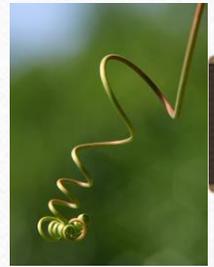
- ❑ On average, there are about 100 grapes in a bunch

Fun Fact

Have you heard the phrase:

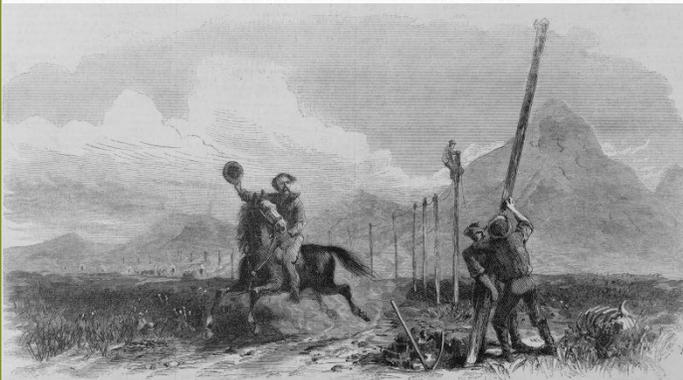
“Heard It Through The Grapevine”

- The term came from the 19th century & refers to the wires of the telegraph system that looked similar to the coiled tendrils of a grapevine
- In California, the wires were hung on trees, which strengthened its visual similarity
- Nowadays, it means to hear something through an unofficial way such as word-of-mouth gossip



Tendril

“This phrase usually refers to gossip or rumors.”



Video Exploration

https://www.youtube.com/watch?v=tkw_sgjDCB0

3 minutes & 33 seconds
video of a farmer showing
how grapes grow on a farm



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