

Grapes

- Store grapes unwashed in the fridge for 1-2 weeks.
- When you're ready to eat them, place the grapes in a colander and rinse them thoroughly under cool, running water.
- To freeze, wash and dry thoroughly. Spread out over a baking sheet in a single layer and freeze completely before combining into a freezer safe plastic bag or container.
 - Frozen grapes are a refreshing summer treat!

Grapes contain vitamins C, K, and antioxidants which may help to lower the risk for high cholesterol, high blood pressure, blood clots, and heart disease.

