

# *September Farm Fresh*

## *Feature:*

### *Somerset Grapes*



The Somerset grapes we will be serving in September are grown at the Wild Mountain Vineyard located in Almelund, MN. The vineyard is owned by Al and Judy Olsen. They grow a variety of grapes for use in eating (table grapes), making jams, jellies, juice, and wine. The Somerset grape is one of the hardiest, developed for the northern climates of Minnesota, Pennsylvania and other northern states. They are sweet and seedless. Perfect for eating!

Grapes are actually berries. There is an average of 100 grape berries in a bunch. They are an excellent "finger food" with little preparation other than washing before eating. Here are some of the best reasons to eat grapes:

One cup (serving) of seedless grapes contain:

- ❖ Antioxidants called flavonoids and phenols that help prevent heart disease and some cancers.
- ❖ Almost 30% of the recommended Daily Value of Vitamin C and also an excellent source of Vitamin K
- ❖ Fiber, Iron, Calcium and Vitamin A
- ❖ About  $\frac{3}{4}$  cup of water, helping to keep the body hydrated.