

GREEN “White” GRAPES



White grapes are actually green in color and unlike red grades they do not contain the antioxidant, anthocyanin. There are two types of green grapes; Perlette grapes and Thompson seedless grapes. Perlette means “little pearl” in French because the berries are round and light in color with an almost frosty green, translucent appearance. Perlette grapes were developed from a combination of many Eastern European grape varieties. Perlettes are seedless, mild and sweet to slight tart, and are available May through July. Thompson seedless grapes are the most popular fresh variety grown in the United States. They are also the primary variety used for processing into raisins. Thompson grapes came from Iran and were introduced to California in the 1870s by an English settler. These grapes are light green, oblong shaped, sweet, and juicy. They are in season June through December.

Grapes are about 80 percent water and are therefore low in calories. They also add fiber and vitamin C to the diet.