



RED

SEEDLESS

GRAPES

Grapes come in more than 50 varieties in black, blue, blue-black, golden, red, green, purple, and white colors with a juicy pulp inside. The two main types of grapes are the American and European. They both come in seeds and seedless varieties. Common varieties include Thompson, Flame, Ruby, Perlette, and Tokay grapes.

Red seedless grapes are usually available year round as they are grown both in the northern and southern hemispheres. These medium sized grapes are crisp and crunchy with a sweet tart flavor. Red seedless grapes offer vitamin C and fiber to the diet and are usually enjoyed fresh.