

SEPT.
11 & 19

SHOPPER TIPS

- Choose bunches that are somewhat tight, with fresh stems and grapes firmly attached.
- Look for grapes even in color.
- Avoid mold-spotted, wrinkled, raisin-like, or sticky grapes.

WHAT'S IN IT FOR YOU?

- Grapes are an excellent source of vitamin C, manganese, and vitamin K.
- Grapes contain flavonoids, which are powerful antioxidants.

SERVING IDEAS

- Be sure to rinse and pat dry grapes before consuming.
- Add grapes to yogurt, cereals, or just alone as a snack!

PEAK SEASON

- August - September is the peak season for grapes.
- Grapes are predominately grown in northern counties in Florida.

STORAGE

- Store grapes in a plastic bag in the refrigerator crisper or drawer for up to one week.
- Store grapes away from other produce because they readily absorb odors.

Produce
of the Month



Scan here to take our quick survey and be eligible for a prize!



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Healthy Chicken Salad

RECIPE SUMMARY

Prep time: 15 min Cook time: 10 min Serves: 4

INGREDIENTS

12 ounces cooked, diced chicken	1/8 teaspoon salt
3 celery ribs, finely chopped (about 1-1/2 cups)	1/2 cup fat-free Greek yogurt
1/2 cup onion, diced	1 cup sliced grapes
1/4 teaspoon black pepper	Juice of 1/2 lemon

DIRECTIONS

Combine all ingredients in a large mixing bowl, cover and chill for 30 minutes. Refrigerate for up to four days.

Nutrition Facts Healthy Chicken Salad

Servings Per Recipe: 4; Calories: 166.8, Total Fat: 1.5g; Cholesterol: 65.7mg; Sodium: 191.9mg; Total Carbohydrates: 7.8g; Dietary Fiber: 2.7g; Protein: 29.5g



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