

LBUSD Farm To School

FEATURED FRUIT:

Organic Adora Grapes



How to Pick Them

Color: Bright shade depending on grape type. A white coating called "bloom" is natural.

Feel: Firm & plump, tightly attached to green, flexible stem

Smell: Sweet smell, not sour

Origin: Crossbred in Wasco, CA

Grown: San Joaquin Valley

Grower: Sun Pacific

Season: October to December

Fun Facts

Black raisins can be made from grapes of any skin color.

Grapes are about 80% water - how hydrating!

Grapes are high in vitamins K, C & potassium - great for bone health, wound healing & heart function!

How to Store, Wash, & Eat Them

- Store unwashed in fridge
- When ready to eat, wash grapes under cold water & dry
- Eat them as a snack, in salads, with cheese, as raisins, or frozen



October 2021

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MEET YOUR FARMER!

Sun Pacific Farms



Founded: 1969

Founder: Berne Evans

Location: San Joaquin Valley

Grows: Delicious Fruits!

Sun Pacific farms has been growing organic grapes since 1987. They grow green, red, & black grape varieties. They also grow Cuties mandarin oranges and Mighties kiwifruit!



WHERE IT'S GROWN



GRAPES GROW ON VINES



YOU ARE HERE!

