



# GRAPES

**SUMMER**



**ARKANSAS**  
**Farm to School**

**U of A**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*





# GROW

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Muscadine grapes can be successfully grown in Arkansas home gardens. Plant vines in an area with full sun and excellent drainage. You must plant three vines with imperfect flowers, and one vine with perfect flowers in a row to ensure pollination. Learn more at <https://bit.ly/UAEXGrapes>!



# PREP

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Discard any shriveled or squished grapes. Remove any remaining stems. Do not wash grapes before storing in refrigerator. Wash grapes with cool water before use. Remove the grape seeds if required. Prepare grapes raw, frozen, jellied, jammed, or as an added ingredient.



# EAT

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Kick off your day with breakfast served with toast or a biscuit topped with grape jelly or jam! Snack on a slice of fruit pizza topped with grapes and other favorite fruits. Enjoy chicken salad with grapes on a sandwich. Sip on a glass of cool grape juice. Snack on frozen, yogurt-covered grapes!



# LEARN

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Archeologists estimate that humans have been growing grapes since 6500 B.C. Grapes are a **fruit** that are high in antioxidants, which help protect the body against diabetes, cancer, and other chronic diseases. Grapes were grown and harvested from 956 acres across the state of Arkansas in 2019!

