



# JULY IS THE JACKPOT FOR LOCAL PRODUCE



**GRAPES** — contain a high amount of manganese, and also contain a good amount of vitamins C, B1, B6, and potassium. When shopping for grapes, look for plump grapes without wrinkles that are still attached to the stem and not split or leaking. Grapes will typically remain good for five (5) days in the refrigerator. They are a delicious snack, but are also great when added to a variety of salads. And, they also make a great treat when frozen!



(NOTE: Much of the remaining produce for the month of July previously appeared in the April, May and June local produce flyers.)