

# SPOTLIGHT ON PRODUCE

## WHAT AM I?

Sweet Sapphire grapes are longer than your typical grape. They are seedless with a dark purple outside and a very sweet flavor.

## HOW DO I GROW?

Both grow on a grapevine which can get very large. A grapevine is considered a climbing plant with flexible stems, making it easy to grow a lot at one time.

## NUTRITION FACTS

In addition to their sweet flavor, these grapes are also rich in vitamin C and K, along with minerals and antioxidants.

## FUN FACTS

Grapevines can be reused every season, making some of them over a hundred years old!

## SWEET SAPHIRE GRAPES

