

Healthy Harvest: Cultivating Local and Seasonal Flavors

GRAPES

Botanical Name: *Vitis rotundifolia*



● In season July



How It Grows

Warm-season crop. Fruits mature and become ready to harvest between July and August. Needs full sun and well-drained soil. Like most vining plants, thrives on trellises.

For gardening information, visit [UF/IFAS Gardening Solutions](#).



Nutrition

Excellent source of dietary fiber and vitamin K. Good source of potassium and vitamin C.



Resource

Grapes (Ask IFAS)
ask.ifas.ufl.edu/topics/grapes



Taste and Texture

Juicy, sweet, and somewhat tart. The skin is thick and somewhat bitter. There are small seeds inside.



Fun Fact

Green muscadine grape varieties are called “scuppernongs.”



Cooking Ideas

Excellent eaten on their own, but are also delicious when used to make jams or jellies!



Storage Tips

Place unwashed in a container, plastic bag, or a clamshell dish, and place in fridge.



Prep Instructions

Remove stems, rinse, and enjoy!



Shelf Life

Keeps well for between 2-3 weeks due to thick skin.



Region of Origin

North America (Southeastern U.S.)



Waste Reduction

Do not wash until ready to use to ensure good shelf life. Consider making a jam or jelly if there is excess.



FCS3410: Healthy Harvest:
Florida Fruit and Nut Crops
edis.ifas.ufl.edu/publication/FY1553

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