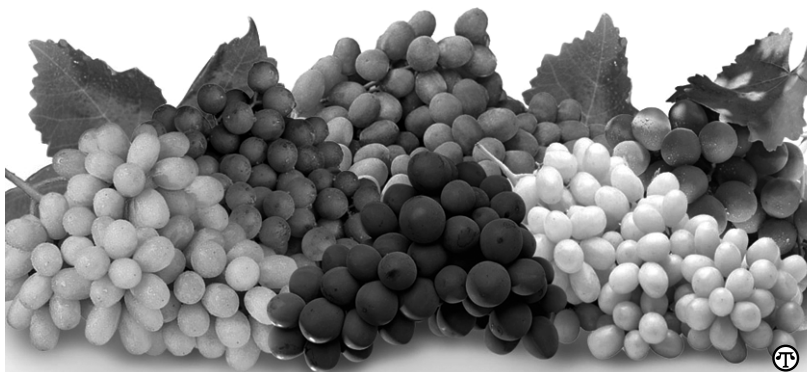


# Fabulous Fruit

## Chilean Grapes Brighten Winter Diets



**Thanks to several delicious varieties of red, white and black grapes from Chile, it's easy to meet your recommended daily fruit quota.**

(NAPSA)—During winter and early spring, it's as important as ever to eat plenty of fruit, rich in vitamin C, fiber and many other nutrients. But studies show fruit consumption slips to just 44 percent of the recommended levels, perhaps a holdover from a time when fresh grapes and other Chilean fruit weren't readily available. These days, it's a snap to eat more fruit because when it's winter here, it's summer in Chile, with the balmy temperatures needed to produce plump juicy grapes.

Not only is there a choice of varieties—red, white or black, and most are seedless—but grapes are among the easiest and most convenient fruits to enjoy. They should be refrigerated, stored in a plastic bag, and washed before use. Tuck a small bunch in a child's lunch bag, enjoy them at breakfast, nibble a few for an afternoon snack or serve as an after-dinner fruit course.

If you've never tried frozen grapes, you're in for a great treat reminiscent of a refreshing sorbet. Just remove the stems, wash

grapes and pat dry. Freeze in a single layer on a shallow tray. When hard, pack the grapes in freezer bags, pressing out the air. Keep them on-hand to enjoy as a refreshing snack, or cut in halves and serve in dessert glasses, topped with a dab of raspberry jam. Grapes add appealing color and flavor to a spinach or mixed greens salad, together with toasted walnuts and crumbled goat cheese. Or, for a quick topping over chicken breasts or poached fish, sauté grape halves briefly in butter and add a touch of lemon juice.

Chilean grapes must pass strict USDA safety standards before being transported to the coast, all within 24 hours after harvest. The harvesting season is nice and long, from November through April. Though over half of the fruit exported to the U.S. is grapes, Chile also grows many other fruits including nectarines, plums, apricots, raspberries, blueberries and cherries.

For recipes and more information on grapes and other fruit grown in Chile, visit [www.cffausa.org](http://www.cffausa.org).