



# Grapes

**Table grapes** are a type of fruit that grow in clusters and are typically classified as white (green), red or black. They are larger, both seeded and seedless, with a thick pulp and thin skin that gives them the ideal ‘crunch’ when you eat them. The berries are the storehouse of numerous health promoting antioxidants, vitamins, and minerals.

Fresh grapes are available all year round depending on the growing area. There are more than 8,000 grape varieties grown worldwide and approximately 60 varieties which are grown in California. California produces about 90% of all table grapes grown in the United States.



## White Grape Varieties



**White varieties** are usually range in color from light green to an amber color. The most popular varieties are:

**Green Seedless:** Sugarone, Thompson Seedless, Timpson Seedless, Princess Seedless Autumn King, Luisco  
**Green Seeded:** Calmerias

## Red Grape Varieties



**Red varieties** may vary from pink to deep red, and their coloration may differ with degree of ripeness and exposure of fruit to sunlight. The most popular varieties are:

**Red Seedless:** Flame Seedless, Krissy, Crimson Seedless, Scarlet Royals and Vintage Red, Timco  
**Red Seeded:** Red Globes

## Black Grape Varieties



**Black varieties** are generally a dark, purplish-black color. The most popular varieties are:

**Black Seedless:** Summer Royal, Autumn Royal  
**Black Seeded:** Black Globes

There are several new varieties of grapes being produced every year and too many to list individually. Please feel free to inquire about availability.

One cup of grapes has about 100 calories and provides more than a quarter of the daily recommended value of vitamins K and C. Grape seeds, which are edible, are full of antioxidants. Grapes are high in water content and good for hydration. Grapes contain 70 milliliters of fluid per cup.



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## Label Options

IPG can also offer grapes packed in our own private labels. We have permanent company inspectors who specialize in grapes. Our inspectors work very closely with the field crews to maintain the highest quality packing standards in order for fruit to be packed in one of these labels.



**IPG**



**Harkins**



**Western Diamonds**

## Grape Availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Mexico					✓	✓	✓					
California	✓						✓	✓	✓	✓	✓	✓
Chile	✓	✓	✓	✓	✓							
Peru	✓	✓									✓	✓