

INCREDIBLE EDIBLE IDAHO

Photo Credit: Dr. Esmaeil Fallahi from University of Idaho

IDAHO GRAPE FACTS:

Idaho's warm days and cool nights produce a sweet, crisp grape.

It takes a vine 3 years to mature before it produces grape clusters.

A mature vine can produce over 60 pounds of grapes.

Idaho grows mainly seedless grape varieties, including Alborz (red), Emerald (green) and Jupiter (black).

The average grape vineyard in Idaho is 5 acres, about the size of 5 football fields.

NUTRITION FACTS:

Grapes are low in saturated fat and sodium.

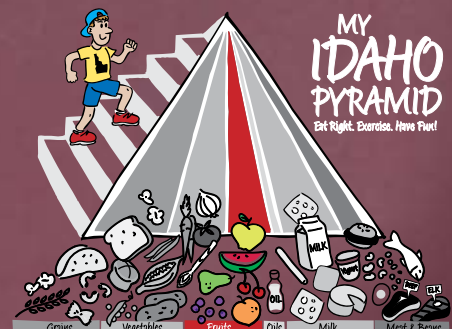
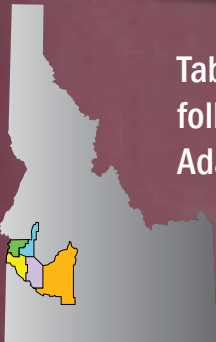
Grapes are high in vitamin C and K.

Grapes are cholesterol free.

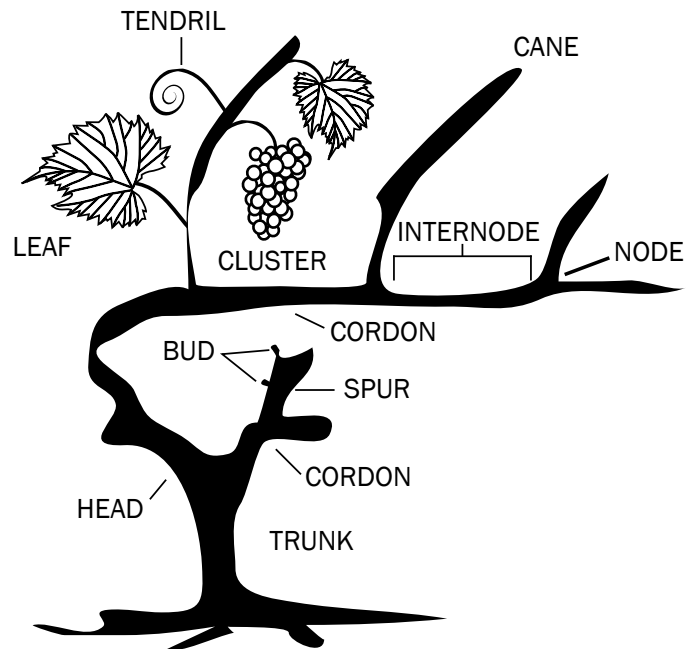
Grapes contain antioxidants that help protect the body against cancer.

Table grapes are grown primarily in the following counties:

Ada, Payette, Gem, Canyon and Elmore



Parts of a Grapevine



A slender stem-like structure by which some twining plants attach themselves to an object for support. _____

Canopy of a grapevine including the parts of the vine that are visible aboveground. _____

Main stem of the grapevine. _____

A small protuberance on a stem or branch containing an undeveloped shoot, leaf or flower. _____

A spike usually part of a flower. _____

The point on a stem where a leaf is attached or has been attached; a joint. _____

A segment of a stem between two nodes. _____

A group of the same or similar elements gathered or occurring closely together; a bunch. _____

A term used to refer to the woody stem of small fruit. _____

A green flattened lateral structure attached to a stem. _____

Where the main stem of the grapevine connects with the canopy part of the grapevine. _____

RECIPE

FRESH GRAPE SALSA

- 2 cups seedless grapes -- coarsely chopped
- 1/2 cup green onion -- chopped
- 1/2 cup fresh Anaheim chile, chopped -- or canned chile.
- 2 tablespoons cilantro -- chopped
- 2 tablespoons vinegar
- 1 clove garlic -- minced
- 1/2 teaspoon salt
- 1/8 teaspoon bottled hot pepper sauce

Combine all ingredients in medium bowl; mix well. Let stand at least 1 hour before serving. Drain off excess liquid before serving.

Yields: 6 servings



Journey of a grape to a raisin

CONCEPTS: Math, Science, and Technology

OBJECTIVES: The students will make raisins.

BACKGROUND: Raisins are made in much the same way today as they have been for thousands of years. Grapes are washed, separated from their stems and dried in the sun.

MATERIALS: grapes, paper plates, paper towels, water, cheese cloth

ACTIVITY:

Have the class “make” raisins as follows:

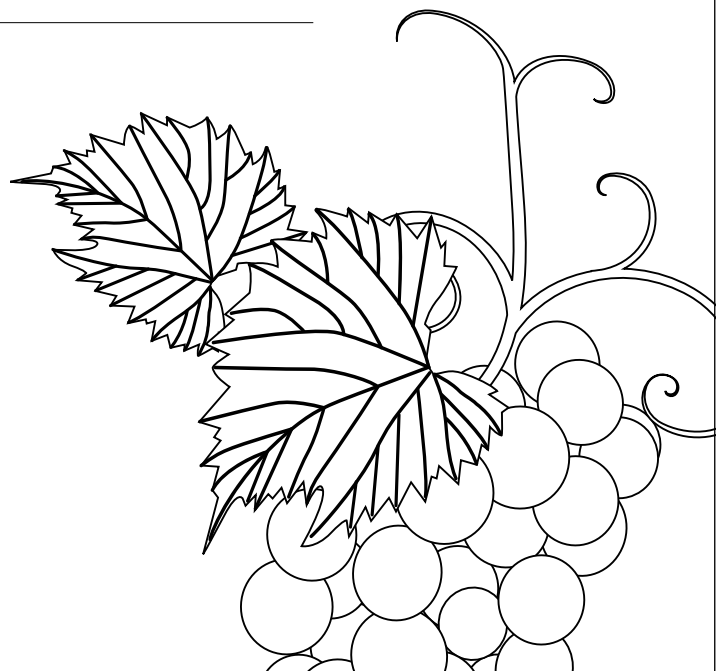
1. Divide the class into groups.
2. Give each group a bunch of fresh, ripe, seedless grapes and a paper plate.
3. Have the students carefully wash their grapes, separate them from the stems, and blot them dry.
4. Have the students spread the grapes evenly on their paper plate.
5. Cover the plate with 4 layers of cheese cloth which extends 3 inches beyond the edge of the plate.
5. Tuck the cheese cloth under the plate and staple or tape it onto the paper plate.
6. Place the plates in a sunny location in direct sunlight.
7. After 5 days, test the grapes. Squeeze a grape lightly – if there is no moisture on your fingers and the grape springs back, they are ready. If not, more time is needed. From this point on, the grapes should be tested daily.

Try a recipe with your homemade raisins.

SPACE RAISIN RATIONS

3 cups crunchy peanut butter
2 cups dry milk
1 1/2 cups honey
1 cup raisins

Mix ingredients together thoroughly. Shape into 5 rolls. Chill and slice. If too dry, add a little more honey. Serve with crackers or graham crackers, if desired.



The Grapes of Idaho

A A L B O R Z E M E R A L G D
J N S E P A R G D E I R D R U
P I T T F K H E A L T H Y E E
R H S I Z R N S W E E T C E L
H J R U O E U I L S P P O N U
F I Y U I X T I M F Q H W X Z
Z Q F T J K I T T A E N A V Q
A A S V E G H D E D T T T J Y
V I T A M I N C A Y F I V S A
D E S A H D R D F N A V V D E
E P Z H U B M A H Q T P A R B
R L T J A W I L V L Q S O L Z
W I S R H A G V Y C I M A W A
E E C M V J K Y L O L C V X Z
C A D I I V L I T E K O Q X R

ADA
ANTIOXIDANTS
BLACK
DRIED GRAPES
ELMORE

FRUIT
GREEN
HEALTHY
PAYETTE
RED

SWEET
VARIETY
VITAMIN C
VITAMIN K

The main three seedless grape varieties that Idaho grows are:
(the answers can be found within the puzzle)
