



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Grape

Dakota: Canwī yape' (chan we ya pe')
Lakota: čhunwíyapehe



Pick it!

Select grapes that are plump, firm and still attached to the stem.

Try it!

Grapes are great snacks, used in fruit or vegetable salads and with cheese and crackers.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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Dakota word translated by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Grape

In season:



Summer
and Fall

Dakota: Canwi yape' (chan we ya pe')

Lakota: čhunwíyapehe

Pick it!

Table grapes come in black, blue, golden, red, green, purple and white colors, and can have seeds or be seedless.

Grapes are also grown for making wine, and each type of wine comes from a specific variety of grapes.

Select grapes that are plump, firm and still attached to the stem.

Avoid any grapes that are shriveled or sticky.

Can be stored in the fridge for 1 week.

Try it!

Cut stem to separate grapes from bunch, then wash thoroughly.

Grapes are great snacks, and can be added into salads with both fruits and vegetables.

Grapes can be canned as jams/jellies, made into wines/juices or dried as raisins.

Freeze grapes and run under lukewarm water to peel.

Types of Grapes

Table: Eaten raw or processed into jams/jellies. Varieties include: Red Globe and Concord.

Wine: Grown just for use in wine making. Cold hardy varieties include: Frontenac and Marquette.

Raisins: Dried grape, dark or golden colored, sweet due to high sugar content.



Did you know...

Grapes are rich in health-protecting antioxidants, found mainly in the skin, antioxidants reduce or neutralize free radicals that damage cells.

Like it!

Magical Fruit Salad

Ingredients

- 1 -20 ounce can pineapple chunks, juice packed
- 1 cup grapes, seedless (red or green)
- 2 bananas
- 1-3.25 oz package instant pudding; lemon or vanilla, sugar free or low-fat
- 1 $\frac{3}{4}$ cups cold milk; non-fat or low-fat

Directions

1. Drain the juice from the pineapple and put the chunks in a large bowl.
2. Rinse and drain the grapes, add to the pineapple.
3. Peel and cut banana into bite-sized pieces; add to bowl.
4. Pour milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.
6. Refrigerate leftovers within 2 hours.

Yields 12 servings.

Nutrition Facts per Serving:

Total Calories 97; Total Fat 0g, Saturated Fat 0g; Cholesterol 1mg; Sodium 131mg; Carbohydrates 23g, Dietary Fiber 1g, Total Sugars 20g, Added Sugars included 7g; Protein 2g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/magical-fruit-salad

Grape and Cashew Salad Sandwich

Ingredients

- $\frac{3}{4}$ cup dry roasted cashews; unsalted, coarsely chopped
- 1 cup low-fat cottage cheese
- 1 $\frac{1}{2}$ cup red grapes; quartered
- 1 celery stalk; chopped
- Ground black pepper to taste
- 2 Tablespoons fresh parsley; chopped
- 8 lettuce leaves
- 8 slices whole-grain bread

Directions

1. In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley and ground black pepper.
2. Toast bread.
3. Spread $\frac{1}{4}$ salad mix on 4 of the toasted bread slices.
4. Add 2 lettuce leaves to each sandwich; top with 2nd bread slice.

Yields 4 servings.

Nutrition Facts per Serving:

Calories 380; Fat 16g, Saturated Fat 4g; Cholesterol 5mg; Sodium 430mg; Carbs 45g; Fiber 6g; Sugars 16g, Added Sugars included 3g; Protein 19g

Source: myplate.gov/recipes/myplate-cnpp/grape-and-cashew-salad-sandwich

Dakota Perspective (Wild Grapes)

Dakota: Canwi yape' (chan we ya pe')

Usually found where cottonwood trees grow. Fruit is small like a pea and dark purple in color. Eaten fresh and added to or rubbed into meat to flavor it. The vines make good cordage. The fruit is believed to improve brain function, boost immune system, fight fatigue and strengthen bones.

Translation and information provided by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.

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Dakota: Canwi yape' (chan we ya pe')

Lakota: čhunwíyapehe

- Grapes come in a variety of colors including blue, golden, red, green, purple and white.
- Grapes can have seeds or be seedless.
- Select grapes that are plump, firm and still attached to the stem, avoid shriveled or sticky grapes.
- Store in the refrigerator for up to 1 week.
- Cut stems to separate into smaller bunches. Wash under cool running water.
- Grapes are great snacks, work in fruit and vegetable salads, and with cheese and crackers.

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- 1 $\frac{3}{4}$ cups cold milk; non-fat or low-fat

Directions

1. Drain the juice from the pineapple and put the chunks in a large bowl.
2. Rinse and drain the grapes, add to the pineapple.
3. Peel and cut banana into bite-sized pieces; add to bowl.
4. Pour milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.
6. Refrigerate leftovers within 2 hours.

Yields 12 servings.

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Ingredients

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- 1 cup low-fat cottage cheese
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- Ground black pepper to taste
- 2 Tablespoons fresh parsley; chopped
- 8 lettuce leaves
- 8 slices whole-grain bread

Directions

1. In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley and ground black pepper.
2. Toast bread.
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Sampling Display Instructions

Magical Fruit Salad

Ingredients	24 samples	32 samples	48 samples
Samples: 2 Tablespoons serving			
Canned pineapple chunks	~10 ounce can	~15 oz can	20 oz can
Seedless grapes, red or green	½ cup	¾ cup	1 cup
Banana	1 (banana)	2 (bananas)	2 (bananas)
Instant lemon or vanilla pudding (sugar free/low-fat is best)	¼ cup dry mix	⅓ cup dry mix	1 (3.25 ounces) package
Cold Milk (1% or mix nonfat dry milk with water)	¾ cup plus 2 Tablespoons	1 cup plus 2 Tablespoons	1 ¾ cups

Directions:

1. Rinse fresh fruit. Chop into bite-sized chunks. Open and drain canned fruit. Combine fruit in a large bowl.
2. Pour milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix. Refrigerate for 5 minutes.
3. Transfer to a sealed container and place in a cooler with ice. Serve in small cups and provide utensils. This salad is best if eaten as soon as it is ready.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic utensils
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/watch?v=SINW-zUmJyr4



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post Allergy Alert sign on table.
- Place a few samples out at a time in small cups, provide utensils.
- Ask parent's permission before children sample.
- Ask if they use grapes often in their meals or snacks. Ask if they could use this recipe.
- Remind them that leftovers can be refrigerated for 2-3 days.
- Dakota word translated by a member of Hunkpati Dakota
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Sampling Display Instructions

Grape and Cashew Salad Sandwich

Ingredients	24 samples	32 samples	48 samples
Samples: 2 Tablespoons serving			
Dry roasted cashews; unsalted, coarsely chopped	9 ½ Tablespoons	¾ cup plus 1 Tablespoon	1 cup plus 3 Tablespoons
Low-fat cottage cheese	¾ cup plus 1 Tablespoon	1 cup plus 1 Tablespoon	1 ½ cups plus 1 ½ Tablespoons
Red grapes; quartered	1 cup plus 3 Tablespoons	1 ½ cup plus 1 ½ Tablespoons	2 ⅓ cups
Celery; chopped	⅓ cup (heaping)	½ cup	¾ cup
Ground black pepper	To taste	To taste	To taste
Fresh parsley; chopped	1 ½ Tablespoons plus 1 ¾ teaspoons	2 Tablespoons	3
Lettuce leaves	6	9	13
Whole grain bread	6	9	13

Directions:

1. In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley and pepper; transfer to air-tight container.
2. Toast the bread, then slice into quarters; place in separate container.
3. Slice lettuce leaves into quarters; place in air-tight container.
4. Transport containers in a cooler with ice. To serve samples, spread 2 Tablespoons on each piece of bread and top with a piece of lettuce.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates, plastic forks
- Spoon, fork, spatula for serving
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[youtube.com/watch?v=PLlIdDb7lZYqIwYg_nH3tCtQgNv0DcsstO](https://www.youtube.com/watch?v=PLlIdDb7lZYqIwYg_nH3tCtQgNv0DcsstO)



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post Allergy Alert sign on table.
- Place a few samples out at a time on small plates.
- Ask parent's permission before children sample.
- Ask if they use grapes often in their meals or snacks. Ask if they could use this recipe.
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