

Grapes



Grapes are a rich source of minerals like copper, iron and manganese, also Vitamins C, A, K, and B-Complex vitamins such as pyridoxine, riboflavin, and thiamin. They are also rich in an antioxidant called resveratrol.



Each individual grape contains 0-4 seeds in it. The seeds are a similar shape to a tear drop.

Grapes are not locally grown in Hawaii.



Grapes grow on vines and in bunches. The vines produce rapidly and can grow from 15-25 meters in length in not pruned.