

Harvest of the Month

Raisins



Calories

129

Total Fat

0g

1/4
cup

Sodium

11mg

Sugars

28g

FUN FACTS:

A raisin is a dried grape. They are small and sweet with a wrinkled texture.

Fresno, California is the Raisin Capital of the World.

There are 3 types of drying: sun drying, shade drying and mechanical drying.

Turkey produces the most raisins, followed by the U.S. (entirely from California). The first raisin grapes were planted in California in 1851.

It takes 4 tons of grapes to produce 1 ton of raisins.

This institution is an equal opportunity provider.

