

fresh grape relish + cheddar crisps

grate+mix

Grown-ups: Pre heat oven to 375 degrees. Cheddar crisp time! Have kids grate **1 C of Cheddar cheese**. Measure and mix together **½ C of flour** and **1/8 teaspoon of smoked paprika** in a bowl until combined well. Add the grated cheddar cheese and **2 T of softened butter** to the flour mixture and blend until dough starts to clump.

knead+cut

Turn out dough onto work surface and gently knead with clean hands until combined well. Using palms of your hands, roll dough into ¾-inch-thick ropes or snakes (about 20 inches long). Cut rope or snakes into thin coin sized pieces.

bake

Place on a cookie sheet and bake the cheddar crisps for about 10 minutes or until golden and slightly puffed. Let cool.

slice+chop

While the cheddar crisps cool, have kids cut **3 C of seedless red grapes** in half and add to large bowl. Chop up **½ C of pitted green olives**, **2 ribs of celery** and **¼ C of red onions** and add to bowl.

press+toss

Press **1 clove of garlic** with a garlic press into the bowl. Toss everything together with **¼ tsp of sea salt**, a **pinch of black pepper**, **1 T red wine vinegar**, **1 T honey** and **3 T of olive oil** into the bowl. Let stand for 5 to 10 minutes. **Spoon the relish onto cheese crisps and EAT! YUM!**

fun food facts:

Did you know that some grape vine root stocks have been found in China that date back to before the great ice age?

- ★ **Consumption of fresh grapes** in the U.S. is about 8 pounds per person per year.
- ★ **California produces** 98% of the fresh grapes grown in the United States.
- ★ **The belief that grapes** have healing properties dates back to ancient times, long before scientific research gave grapes disease-fighting credibility.
- ★ **If left alone**, a grapevine will spread 50 feet or more.
- ★ **Grapes are rich source of** micronutrient minerals like copper, iron and manganese. Copper and manganese are an essential co-factor of antioxidant enzyme, superoxide dismutase. Iron is specially concentrated more in raisins. In addition 100 g of fresh grapes contain about 191 mg of health benefiting electrolyte, potassium.
- ★ **Grapes are also good source of** vitamin-C, vitamin A, vitamin K, carotenes, B-complex vitamins such as pyridoxine, riboflavin, and thiamin.

Knock Knock! Who's there? **Grape!** Grape who? **Grape game the other day!**

What did the grape say to the elephant? Nothing, grapes can't talk.

What did one Grape say to the other Grape??? "If it wasn't for you, I wouldn't be in this Jam!!!"

