

For The New Year—Get Off To A Grape Start

(NAPSA)—If you’ve resolved to eat better this year, start by packing your plate with produce, including a dynamite little fruit—the Concord grape. Concord grapes are bold in taste and pack quite a nutritious punch. They can be enjoyed as 100% grape juice or in simple, healthy and flavor-packed recipes.

Welch’s uses Concord grapes grown in North America exclusively by its family-farmer owners, who work tirelessly during harvest season to collect exceptional fruit that meets their high quality standards. These Concord grapes are picked at their peak and pressed into juice within eight hours of harvesting to capture their perfectly ripe flavor.

Thanks to the Concord grape, 100% grape juice can help support a healthy heart. According to Alton Brown, Food Network star, food historian and scientist, “Welch’s presses the entire Concord grape, skin, seed, pulp and all, and that releases heart-healthy plant nutrients called polyphenols.”

Many of the polyphenols in Concord grapes are the same as those found in wine. In fact, you can even use 100% grape juice instead of sweet wine in a variety of recipes, which saves you from needing to buy another ingredient at the store.

There are many ways to share the goodness of Concord grapes. 100% grape juice made with Concord grapes can be enjoyed in a glass as a nutritious beverage and can easily be incorporated into recipes for desserts, low-fat salad dressings, marinades and more. This tasty ingredient not only enhances the flavor of your favorite dishes, but also adds a boost of heart-healthy purple fruit to your day.



Cooking and baking with 100% grape juice made with Concord grapes is easy, delicious and healthy.

Here’s one easy way to add this one-of-a-kind fruit to your menu:

Poached Pears in Grape Juice

1½ cups Welch’s 100% Grape Juice made with Concord grapes

2 cinnamon sticks

2 strips of orange rind

4 pears, peeled with stems remaining

• **In a medium saucepan, bring grape juice, cinnamon and orange rind to a boil.**

• **Place pears standing in saucepan and simmer for 15 to 20 minutes.**

• **Turn or spoon juice over pears as they simmer. Remove pears and let cool.**

• **Reduce sauce by boiling down to about ½ cup.**

• **Spoon sauce over pears and keep chilled.**

• **Serve pears by themselves or with light whipped cream.**

Learn More:

You can find more facts, tips and recipes to share the goodness of Concord grapes with your family in the New Year at www.welchs.com.