



## Marian Farms' Thompson Seedless Grapes

**Marian Farms** is a diversified, Demeter-certified Biodynamic horticultural enterprise located in the central San Joaquin Valley of California. Family owned and operated since 1990, Marian Farms is committed to creating an ecological farming system while working with the dynamic spiritual and life forces in nature and the cosmos. Their agricultural and business endeavors work towards healing the earth and the community.

**Thompson Seedless Grapes** are thin-skinned, sweet and juicy, and can be eaten fresh or dried. Scottish immigrant William Thompson brought the first Thompson Seedless grapes to California in 1875. At that time they were called Lady de Coverly; but were later to bare his name. Today thousands of acres of Thompson Seedless Grapes have been planted in California for the production of raisins, wine and table grapes.

**What makes Marian Farms' grapes unique?** Marian Farms has successfully differentiated their grapes by using **biodynamic agricultural practices** and by hand picking their grapes to perfection. Since grapes are a berry they do not continue to ripen once they are harvested. Marian Farms takes care to harvest them when they are at their sweetest, and ensures that the customer will receive ripe, full and attractive clusters. The grapes are picked when they are a translucent green-yellow or have a golden-amber color. Marian Farms' grapes are also unique in that they are not treated with gibberellic acid or "gibbed", as most grapes are in both the organic and conventional markets. *Giberellic acid-3 is a commercially produced plant growth regulator (i.e. growth hormone) which is sprayed on seedless grapes to increase grape size and yield.* Marian Farms believes that grapes should be eaten in their naturally delicious state, as they were when William Thompson introduced this now popular variety to California.

Unlike other grapes on the market, Marian Farms' believe biodynamic practices contribute to the rejuvenation of one's spirit, body and soul.

**Pack:** Grapes are packed in earth-friendly paper tote bags, each holding approximately 2+ lbs. There are 7 totes to a case, and approximately net 17 lbs per case. To ensure high quality, all of our grapes are picked to order and shipped ASAP in refrigerated trucks.



**Seasonal Availability:** August thru September

### Serving Suggestions:

- ☞ A delectable bunch of grapes makes an unbeatable dessert. For the finest bouquet, remove from the refrigerator one hour before serving, and rinse with cold water.
- ☞ Marian Farms' Thompson Seedless grapes will also enhance a mixed fruit salad.
- ☞ For a nourishing snack or breakfast, add them to your yogurt, or cold or hot cereal.
- ☞ Looking to cool off during the hot summer months? Try frozen grapes, a fun, refreshing snack! Just pull grapes from stems, place them on a tray, and freeze until hard.
- ☞ Marian Farms' grapes will compliment any poultry, or mild-flavored fish, especially when cooked with wine. Just before serving, add grapes to the pan and sauté or simmer until the grapes are heated through. Add to a chunky chicken salad, pasta, grain salads or coleslaw.