

FACT SHEET

AUSTRALIAN TABLE GRAPES CONSUMER FACT SHEET

Australian Table Grapes - Common Varieties

Fresh grapes come in three basic colours: green (or white), red and blue/black. There are many table grape varieties grown in Australia, but the majority of the production is based on Thompson Seedless, Menindee Seedless, Crimson Seedless and Red Globe.



Thompson Seedless: small to medium yellow-green oblong shaped grape with a soft berry skin, firm juicy pulp and a sweet flavour, making them crisp and crunchy on the bite. Available from January to May.



Menindee Seedless: light green to yellow oval-shaped grape with deliciously sweet, firm flesh and no seeds. Available from November to February.



Crimson Seedless: light red, oval-shaped grape with a thick skin, firm crisp flesh and a sweet neutral juicy flavour. Available from February to May.



Red Globe: pinkish-red grape that is very large, round and seeded. The berries have a crisp skin, fleshy pulp, and a very sweet taste. Available from December to May.

Australian Table Grapes - Health and Nutritional Benefits

- Grapes have low GI certification from the Glycaemic Index Foundation meaning they're a great source of long-lasting energy and a perfect pick-me-up when you're feeling peckish.
- The glucose and fructose in grapes are good sugars which provide a great natural source of energy.
- They are fat free, cholesterol free and have very low sodium
- They are 80% water to keep you hydrated throughout the day.



- They contain lots of fibre to help cleanse and detoxify the system and are a good source of Vitamin C which helps maintain a strong immune system.
- Grapes are also rich in phytonutrients, such as resveratrol, quercetin, anthocyanin and catechin. Evidence indicates that these powerful antioxidants prevent heart disease by reducing the build-up of plaque in coronary arteries, as well as inhibiting the growth of some cancers.
- They also contain Vitamin B6, vital for a healthy nervous system. Red grapes boast the same beneficial antioxidants as red wine – but without the alcohol.

Australian Table Grapes - Exports

- The table grape industry has grown from exporting 30,000 to 70,000 tonnes in the last 10 years, making grapes one of Australia's largest horticulture exports.
- Australia exported \$189 million worth of table grapes, equivalent to 70,000 tonnes, to 33 different countries around the world in 2008-2009.
- Over 90% of total grape exports come from Victoria and New South Wales.
- Hong Kong was the largest export market for Australian table grapes in 2008-2009 comprising 37% of the business, followed by Indonesia, Thailand, Singapore, Malaysia and Vietnam.
- Australia's key exporting advantage is being counter season to the northern hemisphere, complementing trade with suppliers there. Also, compared to the United States, Europe and South America, Australia's geographical location allows for shorter shipping times to Asia resulting in lower transport costs and better access to fresh chilled markets.

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