

Concord Grape *Vitis labrusca*



Other names	Concord, Raisin (<i>French</i>), Grape berries
Description	Concord grape is a North American cultivar of the <i>Vitis</i> genus. The berry-like fruit grows in a pendulous cluster on climbing woody vines. The Concord grape gets its purplish-black colour from the high anthocyanin content.
Part/s used	Fruit, juice
Nutrients	An excellent source of Manganese. A good source of Vit B6, thiamin, potassium & Vit C.
Phytochemicals	flavonols, flavanols flavonoids, tannins, resveratrol, quercetin, kaempferol, cyanidin, ellagic acid, proanthocyanidins
Medicinal properties	Red & purple grapes such as the Concord contain flavonoids. These have antioxidant, anti-inflammatory & anti-allergic properties. Grape phenolics have also demonstrated anti-bacterial & anti-viral activity.
Other facts	Representation of wild grape goes back to the Stone age & grapes are one of the oldest known cultivated crops. In ancient times, grape syrups were used for sweetening before sugar was discovered & 'verjuice' made from unripened grapes was used as a souring agent until vinegar came along. When European grape cuttings could not survive the harsh North American winters, the native grape was cultivated and improved, resulting in the popular Concord grape.

Grapes, American type Nutritional value per 100 g (3.5 oz)	
Energy 67 kcal 280 kJ	
Carbohydrates	17.5 g
- Sugars	16.25 g
Fat	0.35 g
Protein	0.63 g
Thiamin (Vit. B1)	0.092 mg 7%
Riboflavin (Vit. B2)	0.057 mg 4%
Niacin (Vit. B3)	0.300 mg 2%
Pantothenic acid (B5)	0.24 mg 5%
Vitamin B6	0.110 mg 13%
Folate (Vit. B9)	4 µg 2%
Vitamin C	4 mg 6%
Calcium	14 mg 1%
Iron	0.29 mg 2%
Magnesium	5 mg 1%
Manganese	0.718 mg 44%
Phosphorus	10 mg 2%
Potassium	191 mg 4%
Zinc	0.07 mg 1%
Percentages are relative to US recommendations for adults based on USDA Nutrient database	