

FRIDAY 13 JANUARY 2013

## MEDIA RELEASE

### IT'S GRAPE TIME – WHAT TYPE OF GRAPES WILL YOU ENJOY THIS SUMMER?

It's grape time! The Market is beginning to see the peaks of the grape season which will run up until about May. Warm, dry summers and deep, rich soils provide the perfect environment for Australian growers to produce world class table grapes. With so many varieties to choose from, what type of grapes will you enjoy this summer?

With over 20 fruit & vegetables stalls under the one roof, consumers will be spoilt for choice with our stalls supplying a number of varieties of grapes.

Whether is the traditional green Thompson or Menindee seedless variety your after, or the Crimson or Red Globe variety or maybe you've never tried the black/ blue Midnight Beauty variety, the Adelaide Central Market has it all.

Grapes have low GI certification meaning they're a great source of long-lasting energy, with the glucose and fructose in the grapes acting as 'good' sugars which provide a great natural source of energy. They are 80% water to keep you hydrated throughout the day, and are a good source of Vitamin C and also contain Vitamin B6. *Source: [www.australiangrapes.com.au](http://www.australiangrapes.com.au)*

For over 140 years, the Adelaide Central Market has continued to provide the people of South Australian with the freshest and largest range of produce, and is such a special place to very many – families, foodies, chef's, tourists, kids, city residents...just to name a few!

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#### MEDIA & PHOTO OPPORTUNITIES

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