

## *Vitis aestivalis*

### Common name(s)

Summer grape,

### Edible portion:

Fruit,

### Distribution

It is a temperate plant. In Canada it grows in dry woods.

### Description

A grape vine. The leaves may not have lobes or can have 3-5 lobes. They are green above and hairy underneath. They have shallow teeth. The flowers are in a dense panicle. The are 5-15 cm across.

### Use

The fruit are eaten raw. They are also made into juice, jellies, jams, preserves, pies and wine.

The dried fruit are eaten as snacks or used in baked goods.

The stems yield a sweet watery sap.

### Cultivation

### Production

### Nutritional values

|                                   | Moisture<br>% | Energy<br>kJ | Energy<br>kcal | Protein<br>g | Provit A<br>µg | Vit C<br>mg | Iron<br>mg | Zinc<br>mg |
|-----------------------------------|---------------|--------------|----------------|--------------|----------------|-------------|------------|------------|
| <b>Edible Part</b>                |               |              |                |              |                |             |            |            |
| (per 100 grams of edible portion) |               |              |                |              |                |             |            |            |



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## Indexing Data (print optional)

### Found in

Britain, Canada, Central America, Costa Rica, Europe, Mexico, North America, USA,

### Synonyms

*Vitis rufotomentosa* Small.;

### Other common names

Arkansas grape, Bunch grape, Chicken grape, Cynthiana grape, Norton grape, Pigeon grape, Rusty grape, Summer grape, Swamp grape, Uva silvestre,

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