



What is grape pomace?

Grape pomace, contains the seeds, skins and stems that remain after pressing grapes for their juice.

How much grape pomace is there in the Finger Lakes?

There is over 11,000 tons of annually discarded pomace in the Finger Lakes.

What is “discarded” referring to?

Discarded is referring to the pomace that is landfilled onsite, offsite or is put in a compost pile to slowly degrade and potentially never be used (discarded does not include the pomace that is placed on fields immediately following their harvest).

What is grape flour?

Grape flour is produced when you either mill dry seeds, pellets or skins.

What is the difference between grape seed oil and olive oil?

Grape seed oil is primarily a poly unsaturated oil unlike olive oil which is primarily mono unsaturated. Grape seed oil has a much higher smoke point at 485°F. This makes it more stable at higher temperatures despite that it is unsaturated oil.

How are grape seed oil and olive oil similar?

Similarities depend on how the oil was processed. This means that a cold pressed grape seed oil is similar to a virgin or extra virgin olive oil in that it's not chemically treated and devoid of their naturally occurring compounds.

How do you cook with grape seed oil?

Grape seed oil's best qualities come out when made with dips, sauces, dressings and other condiments like mayonnaise. Pasta, rice and homemade french fries are my favorite home cook recipes to incorporate this oil. See our recipe section for additional culinary ideas.

How do I cook with grape flours?

Grape flours are fun to utilize because they are different colors and tastes and can really make your palate sing! Grape flours can be a part of every meal in your day from pancakes, to sandwich breads to pasta and meatball fillers and even in cakes, cookies and pies! Grape flour is probably one of the healthiest carbs since they are high in many dietary supplements and are

gluten free! Just remember that since grape flours are high in fiber they take more liquid than traditional recipes. See our recipe section for more ideas.

How do you separate the seeds from the skins?

Hard work!

How is Sustainable Viticulture Systems grape seed oil different from other grape seed oils?

Our processing facility is small and utilizes the best equipment and techniques to bring you the highest quality products. With that said, we dry all of our seeds and skins in dryers using 100% solar energy so that no heat chemicals get into the product (heat can drastically affect their nutritional value). We also cold press our seeds in an expeller so that the seeds can pack as much nutritional value as they did when they came into our facility. Large commercial facilities use a boiler or large dehydration structures to dry the seeds, adding harmful chemicals to them. Large commercial facilities also use heat to extract the oils, yet again, damaging the nutritional and natural compositions of the seeds.

How the seeds are processed is the difference between a mediocre product and an exceptional product!

What are the nutritional values of grape seed oil?

There are phenolic compounds, nitrogenous compounds and minerals found in grape seed oil. Two of the main phenols found in the oils are anthocyanins and tannins. The organic nitrogenous compounds found in the oils are amino acids, peptides and proteins. Minerals are added to the seeds from the soil in small amounts. Potassium is the most abundant of these minerals.

Grape seed oil is also known to contain high amounts of antioxidants (if processed without damaging effects) and high amounts of Omega 6's.

Ultimately, the complete nutritional value of the oil depends on the region, the variety of grape the oil comes from and how this grape is grown and how the seeds are processed.

Does grape seed oil have both Omega-6s and Omega-3s?

The majority of fatty acids in grape seed oil are of the omega-6 family, represented by the high linoleic acid content. The other fatty acids are largely of the omega-9 family with small amounts of saturated fatty acids. There are small amounts of the omega-3s in grape seed oil.

What are the health benefits of grape flours?

Unlike traditional gluten free flours (that are high in starch and pretty much nothing else), grape seeds and skins are a rich source of antioxidants, proteins, magnesium, iron, fiber and calcium!

Grape seeds and skins contain very powerful bioflavonoids with anti-oxidant effectiveness found to be far more proficient than isolated Vitamin E and C. Grape seeds and skins are gluten free and provide a delicious substitute to other gluten free and regular flours.

This means these flours are beneficial to patients with diabetes (because they are low carb and high in fiber allowing insulin to be released at a slower constant rate). Patients with celiac disease or food allergies will also benefit greatly from these products.

Ultimately, those that are looking for a complete, small portion diet will benefit from consuming the grape flours.

What is the shelf life of grape seed oil?

When kept in a cool dark place, the oils are best when stored for no more than 1-2 years.

What is the shelf life of grape seed flour?

The grape seeds store like traditional grain seeds would store. When the seeds and pressed the flours should be stored in a cool dark place for maximum storage. Refrigeration would maximize shelf life. If stored properly, grape flours can be stored for up to six years.

Other than food, what are some other uses of grape seed oil?

The oils are good for your hair, skin and nails.

What is the difference between grape seed oil and grape seed extract?

Grape seed extract is generally only used for medicinal purposes and comes in pill form to directly release antioxidants into the bloodstream. Although grape seed oil does contain antioxidants it is not as effective as grape seed extract when it comes to releasing nutrients other than omega 9's.

How is a loaf of grape seed bread different from a loaf of white bread?

A slice of grape seed bread contains 8 carb grams, 8 grams of fiber, and 8 grams of protein (no sugar or fat). So, that equal to half the amount of carbs as white bread, three times the amount of fiber and four times the amount of protein.

