Grapes, which are also known botanically as berries are fruits that have received great acceptance by majority of people in Nigeria. Aside their health values, grapes have great economic potential when cultivated on a commercial level. Grapes is packed with a lot of important nutrients including minerals, formance. Regular consumption of grapes prevents and treats series of diseases. The seeds are also beneficial for health as they grapes increase the nitric oxide levels in the blood, which prevents blood clots. Regular intake of grapes can prevent age related conditions like osteoporosis.