

Common Name: **Grape**

Genus: *Vitis*

Species: *vinifera*

Family: Vitaceae

AKA: Raisin vine



Historical Uses:

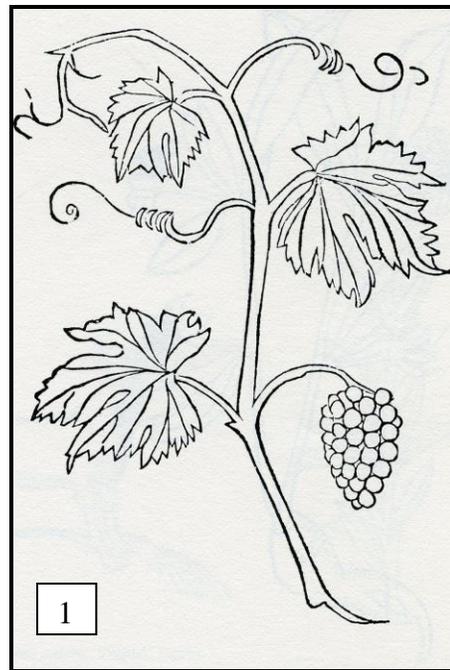
Medical: “The tender and clasping branches of the vine and the leaves do coole, and mightily bind. They stay bleeding in any part of the body: they are good against the laske, the bloody flix, the heartburne, heate of the stomache, or readinesse to omit. It stayeth the lusting or longing of women with childe. Sweet grapes and such as are thorow ripe, are lesse hurtfull; their iuyce is hotter, and is easilier dispersed. They also sooner passé thorow the belly, especially being moist, and most of all if the liquor with the pulpe be taken without the stones or skin, as *Galen* saith.”(1)

Culinary: Juice of the grape fermented, produces wine which is referenced in numerous early writings. Dried grapes, raisins are eaten raw or used in cooking.

Household: Some older plants, due to size, can have the trunks cut into planks and used as lumber.

Folklore/Astrology: “It is warm in the second degree but, if aged, is in the third. The vine’s first appearance is attributed to Noah, Osiris, Ninkasi, and Dionysos. Christians have made the vine a symbol of Christ, “the true vine”, and wine the symbol of the blood he shed to redeem mankind form eternal death.”(2)

Other: “Name derived from *vieve* (to twist), and has a reference to the twisting habit of the plant. Older



plants sometimes reach such size that they can be cut into planks.” (3)

Contemporary Uses:

Parts Used: “Leaves, stems, fruit. Leaves and stems collected in early summer and used fresh, preserved, or dried for decoctions, liquid extracts and tinctures. Ripe fruits are used fresh for medical purposes, or processed to extract constituents.”(4)

Medicinal: “A sour, astringent, cooling diuretic herb, reduces inflammation, controls bleeding, improves circulation and clears toxins. Extracts have anti-oxidant and anti-cancer properties. Used internally for varicose veins, heavy menstruation, menopausal syndrome, hemorrhage, urinary complaints, hypertension, high cholesterol, and skin rashes. Internally and externally for inflammations of the mouth, gums, throat and eyes. Fruits are the basis of a cure for poor liver function.”(5)



Culinary: “Blanched fresh leaves, or leaves preserved in brine, are used as wraps for various fillings. Fruits are eaten raw, juiced or as jellies, sauces, wines and vinegars.”(6)

Economic: “Seeds yield a polyunsaturated oil, suitable for mayonnaise and cooking. Cream of tartar is extracted from the residue of the pressed grapes and the sediment of wine barrels. Grape skin extracts are used as colorants in the drink industry, also in food supplements.”(7)

Area of Origin: Mediterranean region, central Europe, parts of Asia

Physical description: Deciduous tendril climber with fibrous bark

Plant type: Perennial

Form: Climbing vine

Height: Varies

Flower color: Small, pale green

Soil type/requirements: Deep, moist, rich, neutral to alkaline

Fruit: round to ovoid, light green to deep purple

Hardiness zone: USDA 6-10

Sun requirements: Full sun

Propagation: By seed in autumn, by hardwood cuttings in late winter.

Cautions: Plants may be damaged by powdery mildew, scale insects, mealybugs, aphids, weevils, and caterpillars.(4)

Sources:

1. Gerard, p.876
2. Anderson, p. 341-343
3. Grieve, p. 832-833
4. Bown, p. 407
5. Ibid.
6. Ibid.
7. Ibid

Illustrations/Images:

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|-----------------------|-----------|
| 1. Schoffer's Herbal | 1485 |
| 2. Herbolario volgare | 1390-1400 |
| 3. PSUMG | 2014 |