



grain de raisin (French), scuppernong (United States), मस्केडिनि अंगूर (Maskaidin Angoor, Hindi), મસ્કેડિની દ્રાક્ષા (Maskāḍīna drākṣa, Gujarati), Zabibu ya Muscadine (Swahili), Canabka Muscadine (Somali), uva (Spanish), 麝香葡萄 (shè xiāng pú tao, Mandarin), عنب (einab, Arabic)



# Muscadine Grape

*a taste of the Bible on the Floridian table*

Grapes and winemaking have been culturally significant throughout the world for thousands of years. Grapes are mentioned more than fifty times in Biblical scriptures, and wine has been central to Christian and Hebrew rituals as well as in ancient practices in Greece and Rome. In Florida, muscadine grapes are a native variety initially used by indigenous Americans and later cultivated by Europeans in the 16th century. Unlike European grape varieties, muscadines have a thick skin and they grow well in hot humid weather which make them a Florida garden favorite.

To learn more about Florida's culinary history, visit [floridaheritagefoods.com](http://floridaheritagefoods.com)

**Grape wine and bread for the Christian Eucharist**



# BRINED GRAPES

**120**  
MINUTES  
TOTAL

**2**  
TOTAL  
SERVINGS

## INGREDIENTS

- |  |  |
|--|--|
| 1 cup grapes<br>(whole or cut in half) | 1 tablespoon sugar or honey  |
| 1 cup water                            | (optional) flavors: ginger<br>slices, cinnamon, clove,<br>and/or peppercorns |
| 1 cup apple cider vinegar              |  |
| 1 tablespoon salt                      |  |

## DIRECTIONS

1. Add grapes and optional flavors into a mason jar.
2. In a medium sauce pan, add water, vinegar, salt, and sugar or honey and heat until it boils.
3. Pour the hot brine into the pickling jar over the grapes. Add more water if it does not completely cover.
4. Close the lid tightly and allow it to cool down on the counter until it reaches room temperature.
5. Once cool, put the jar into the refrigerator and let sit 24-48 hours.
6. Snack as desired or add to salads, yogurt or other desserts.



## FACTS

Many Christian groups use grape wine during ritual worship, known as the Eucharist. In Jewish texts, grape vines are one of the seven staple foods mentioned in Deuteronomy 8.8 “A land of wheat and barley, of vines and fig trees and pomegranates, a land of olive oil and honey.” Grape was also one of the seven fruits that Moses’ messengers discovered in the land of Israel. (Numbers 13: 20-23).

Muscadines are rich in polyphenols, fiber, and manganese; they are free of fat, sodium, and cholesterol.

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