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Our Common Cultivation
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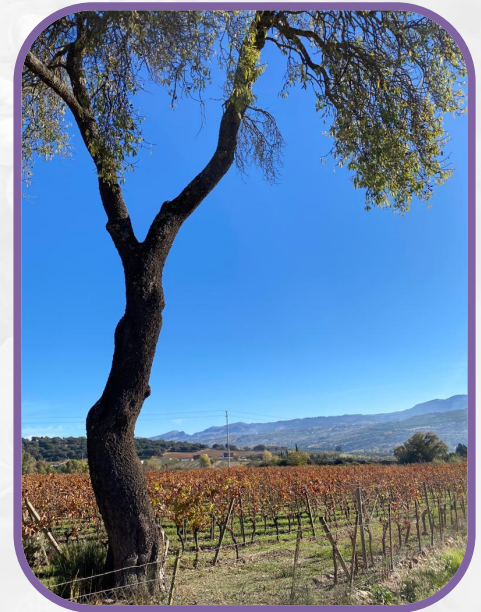
01

Grapes

GRAPES

Grapevine is easily one of the most identifiable plants in the world, and grapes have made great contributions to human wellness since the dawn of hunter-gatherer societies.

The grapevine has been synonymous with healthy Mediterranean living since the dawn of civilization in that fertile region, and its fruit is, arguably, one of the most identifiable in the world. As both a food and beverage, grape has provided incredible nutrition, social glue, and medicinal benefits for even longer, and its modern popularity shows no signs of slowing down.





02

Grape Medicinal Properties

GRAPE MEDICINAL PROPERTIES



Health Benefits of Grape

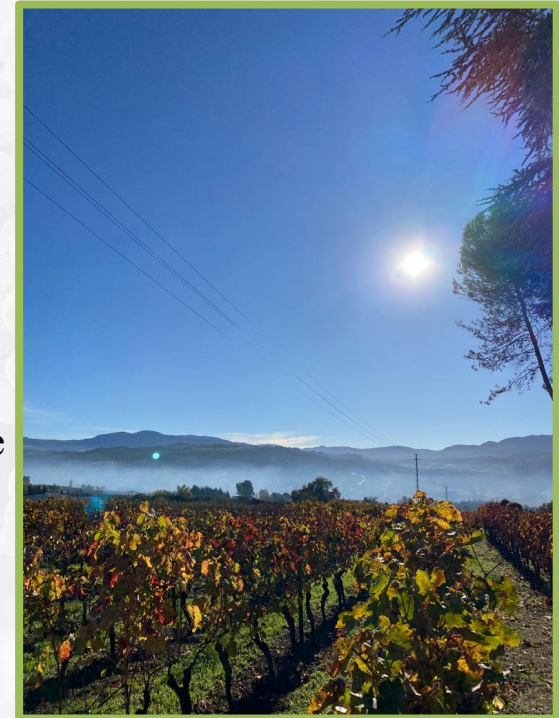
Grape is one of the most used and well-researched medicinal herbs. Thousands of studies have been done on its active compounds, and the various parts of the grapevine plant have been traditionally used for:

- Promoting cardiovascular health. Eating the fruit can improve circulation and lower the risk of cardiovascular disease.
- Delaying aging processes. This is due to the fruits' resveratrol, which is a strong antioxidant.

Additionally, grape leaves have been traditionally used for:

- Disinfecting skin wounds. The leaves of the grape vine have anti-inflammatory properties.
- Treating diarrhea and digestive infections. The grape leaves work as an astringent and can help stop diarrhea.

Traditional herbal medicine has also makes good use of the grape plant, with European folk traditions employing grapevine sap to cure skin and eye diseases. Its leaves have found use in stopping bleeding, pain, and hemorrhoid's inflammation.





03

How it works

How It Works

Grapes contain several antioxidants, fibrous pectin, and tannins that bind proteins together, and have strong immunoprotective actions. Resveratrol is a natural compound, found in high amounts in the skin of deep-purple grapes, and it has a protective effect on brain functions, heart health, and the immune system. Due to its proven anti-aging effects, resveratrol is a popular ingredient in skin care products.

Anthocyanins, on the other hand, are tannins that not only give purple grapes their dark hue, but also protect the body from the damage of free radicals, helping reduce inflammation and preventing degenerative diseases.

Grapes also contain salicylates, the same compounds used to make aspirin, which are believed to help reduce the risk of blood clots.

Studies have shown that the juice of dark colored grapes can improve memory and cognitive functions in older adults.





04

Grape nutrition

Grape Nutrition



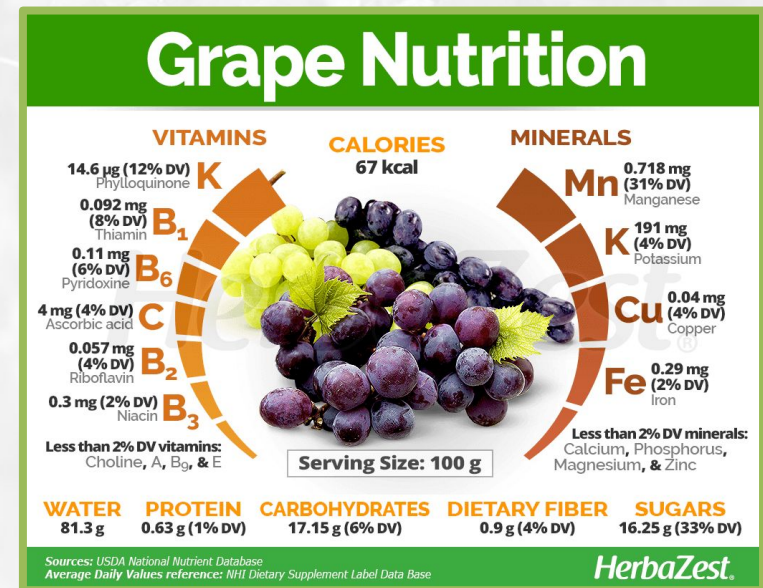
Beyond the rich antioxidant content in the skin of purple and red grapes, all grape varieties provide good amounts of vitamin K (phylloquinone), which improves coagulation and supports bones health, as well as adequate amounts of B-complex vitamins:

- B 1 (thiamin)
- B 6 (pyridoxine).

The nutritional value of grape berries is rounded by small amounts of minerals, such as copper, potassium, and iron, along with:

- vitamins C (ascorbic acid)
- B 2 (riboflavin)
- B 3 (niacin).

It is worth to mention that grapes are high in sugar content (about 16 g per cup); however, these are natural sugars that, contrary to popular belief, do not raise blood glucose levels and can even reduce the risk for type 2 diabetes; nevertheless, grapes are better consumed as whole fruits and in moderated amounts.





05

How to Consume Grape

How to consume grapes

Though boasting other uses, grape is overwhelmingly utilized as food and beverage, eaten raw and dried for centuries before the appearance of processing technology. Grapes are still preferred to eat fresh off the vine, or dried, as raisins. However, there are also medicinal ways to reap their benefits.

In many traditional recipes of Mediterranean and Middle-Eastern cuisine grape vine leaves are commonly steamed and used for appetizers or main dishes.





06

Natural forms

Natural Forms




Raw. Fresh grape fruits are an excellent source of vitamins and minerals. Many choose grape as a key fruit to add to a healthy diet.

Dried. Better known as raisins, sun-dried grapes are one of the oldest and most popular snacks around the world.

Juiced. As other watery fruits, grapes are perfect to be juiced and made into refreshing beverages. Drinking fresh grape juice is a great way to reap the health benefits of grapes.

Powder. The husks of red grapes, rich in anthocyanins and resveratrol, are dried and powdered to concentrate their antioxidant properties, and can be added to smoothies and juices.

How to Use Grapes



- Raw
- Dried
- Juice
- Powder
- Oil
- Liquid extract
- Capsules

Did you Know? Grapes are a **good source** of **vitamin K (phylloquinone)**, which improves coagulation and supports bones health, as well as **fair amounts** of **vitamins B₁ (thiamin)**, and **B₆ (pyridoxine)**. Whole grapes' natural sugars do not raise blood glucose levels, and can even reduce the risk of type 2 diabetes.

sources: herbazest.com - For informational purposes only

HerbaZest



07

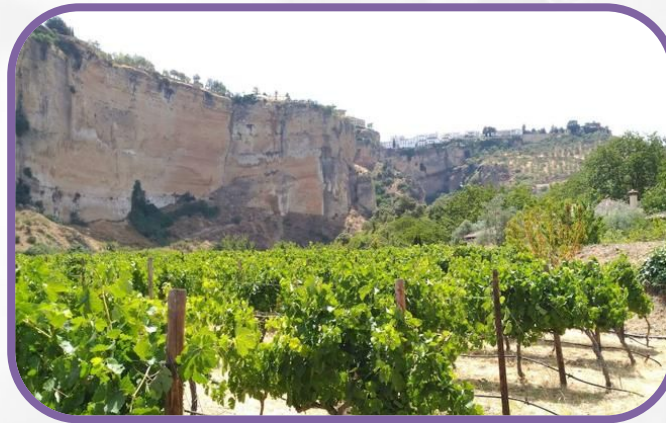
Growing

Growing

Temperate climates with marked seasons are essential to successful grapevine cultivation, with warm summers and dry, cold winters.

Growing Guidelines

- Though soil quality is less important, sandy soils are preferred to maximize yields.
- Grape plants need to be exposed to cold temperatures in order to stimulate a dormancy period without which blooming will not occur.
- Some varieties of grape may be grown in warmer regions if irrigation is cut off after each harvest in order to "stress" the plant and cause it to go dormant without cold exposure.
- The grapevine requires rainfall of at least 500 mm per year and relative protection from the wind.





THANK YOU

