

# Vitis Vinifera

VITE - GRAPEVINE - VIGNE - WEINREBE

ВИД - ВИНОГРАДНАЯ ЛОЗА - 葡萄の木 - 葡萄树 - تمرک

## *HISTORICAL BACKGROUND:*

*The vine, Vitis vinifera has Asian origins, its ancestor the wild Vitis silvestris was domesticated 10,000 years ago, by the Caucasian people. From the Caucasus, an important center for the development of agriculture, the vine spread through the fertile crescent (the area of Western Asia including the Nile Valley and Nile Delta) to Egypt and from there extended around the Mediterranean basin.*

*The first certain testimony concerning the cultivation of the vine and the wine consumption is in a Sumerian writing from the first half of the third millennium B.C. The Phoenicians were great wine traders; they traded throughout the Mediterranean area of Egypt, Greece, Sicily, Sardinia as far as Germany and the northern coast of Africa.*

*The Greeks became expert vine growers.*

*They had vineyards with their own special strains of vine which they tended and pruned regularly.*

*In southern Italy, vines were introduced to Sicily after its colonization by the Greeks, while in the centre and in the north of the country the Etruscans improved wine making techniques and developed an export trade even beyond the Mediterranean basin. The Romans further developed techniques learnt from the Etruscans and from as early as the first century BCE used*

*techniques such as grafting, pruning and used the grapes to make wine. Later, the Romans exported vines throughout the whole their empire; from Spain to the Danube and north as far as Britain.*

*Since the birth of early civilizations, the vine has been venerated and has had its own divine protector, Dionysus for the Greeks and Bacchus for the Romans. The Bible tells of how Noah saved the vine from the great deluge and planted it again after the Flood.*

*It was considered a symbol of strength and of the capacity to change and adapt reflecting the spirit of Christianity itself.*

*In a famous parable, Jesus compares himself to a vine, whose shoots represent his disciples, (and therefore the Church) that can live only if joined to the trunk.*

*Wine is considered sacred, not only in the Christian faith (where it represents the blood of Christ shed for the redemption of man), but also in many other religions such as Hinduism (considered sacred by Shiva) and Islam (where its consumption is prohibited on earth but permitted in heaven).*

*The grape is the fruit of the vine, the individual grapes or acini form a cluster or bunch. The bunch of grapes is a powerful symbol both pagan and Christian. Up until the Middle Ages the fruit was reserved of the rich and affluent. In more modern times, grapes became increasingly widespread and were no longer considered only the “fruit of lords”.*

*In the 1800s grapes started to be grown, not only for personal consumption but also for sale at local markets.*

*The grape has always been an allegory for wealth, and to this day is supposed to bring health, well-being and prosperity for the New Year. Grapes, unlike wine, are appreciated by everyone, overcoming both cultural and religious barriers.*

*“The two most common species of grape vines are: *Vitis vinifera*, native to Europe, from which all grapes grown for wine making and eating derive and *Vitis labrusca*, native to North America, grown mainly for the production of dessert grapes and more marginally for the production*

*of wine. As Vitis labrusca is immune to phylloxera, a microscopic aphid which attacks the roots of vitis vinifera, it was used as rootstock for European vines so saving the wine heritage that seemed destined to disappear after the attack of phylloxera at the end of 1800s.*

### *BOTANICAL AND AGRICULTURAL FEATURES / PRODUCT DESCRIPTION:*

- *FAMILY: Vitaceae*
- *MINIMUM TEMPERATURE: - 23° /28°*
- *MAXIMUM HEIGHT: 7/10 mt*
- *PRUNING: February*
- *SOIL: well-drained.*

## *TABLE GRAPES VARIETIES:*

- *AMBER:*

*White, seedless grapes, do not require treatment.*

*Harvest: Early*

- *AMERICAN WHITE :*

*Grappolo medio grosso – alato. Acino medio piccolo.*

*Polpa carnosa croccante dal sapore di fragola.*

*Harvest: Late September*

- *AMERICAN BLACK :*

*Largish conical-elongated clusters; medium large reddish purple berries, thick-skinned, waxy, crunchy and sweet flesh.*

*Harvest: Late September*

- *CARDINAL:*

*Largish conical-elongated clusters; medium large reddish purple berries, thick-skinned, waxy, crunchy and sweet flesh.*

*Harvest: Early August*

- *CORALLA (CHASSELAS ROSÈ):*

*Coral pink skin, medium-large berry, sweet and aromatic flesh, resistant to fungal diseases.*

*Harvest: Early to Middle season*

• *FRANCESE WHITE:*

*Large berries, irregular clusters, does not require treatment.*

*Harvest: Early October*

• *FRANCESE BLACK:*

*Large berries, irregular clusters, does not require treatment.*

*Harvest: Early October*

• *ITALIA:*

*Large, conical shaped, winged cluster; large oval grape, thick waxy skin, Golden yellow colour, crisp and juicy flesh with light Muscat flavor.*

*Harvest: Mid September*

• *LUGLIENGA:*

*Medium-sized compact cluster, medium-sized berry with thin pale yellow or green skin; juicy, sweet flesh.*

*Harvest: Early August*

• *MICHELE PALIERI:*

*Large winged cylindrical cluster; largish oval berries, purplish black waxy skin, firm flesh; sweet.*

*Harvest: Early September*

• *MOSCATO D 'AMBURG:*

*Medium-sized cluster; black, medium-sized grape with delicate Muscat flavour, thin skin.*

*Harvest: Mid September*

• *MOSCATO WHITE:*

*Medium-sized cylindrical, pyramid-shaped cluster, quite compact, amber-yellow berries, thick skin, fleshy pulp with a strong Muscat flavour*

*Harvest: Mid September*

• *REGINA:*

*Large, cylindrical, pyramid-shaped cluster with side bunches, large elongated berries, thick, waxy skin; golden yellow color, crisp, sweet flesh.*

*Harvest: Mid September*

• *SMERALDA:*

*Large cluster with black berries, does not require treatment.*

*Harvest: Early*

• *ZAFFIRA:*

*Medium sized cluster and berries with dark blue skin.*

*Harvest: Early*

• *ZIBIBBO WHITE:*

*Medium-sized cluster; medium-sized, oval, thick-skinned berry, yellow-greenish colour, crisp flesh, distinct Muscat flavor.*

*Harvest: Late August / Early September*

## *TRAINING FORMS AND ORNAMENTAL USES:*



### *ROOF TREE:*

*A striking new idea that helps create shade in the garden.*



### *ESPALIER PLANTS:*

*An attractive way to delimit areas of your garden, orchard or garden paths*

*Perfect for a border of flowers or aromatic herbs at its base.*



### *YOUNG PLANTS:*

*Young plants especially for espalier training.*



## PLANTING:

*The best period for planting runs from the beginning of autumn to the beginning of spring.*

*Place the root ball in a hole (60-70cm wide for a three-year-old plant grown in a 15 litre pot with a 30cm diameter. Once placed in the hole, make sure that the top of the soil of the root ball is flush with the ground.*

*Fill the hole with the previously removed backsoil. This should be broken down, crumbled and mixed with 20-30% potting soil.*

*Once the plant is in the hole, use a wooden support or pole to avoid uprooting in case of wind.*

*Using plastic ties secure the plant to the pole at a height of about 1 metre, leave enough room to allow for the growth of the plant*

*With the remaining backsoil make a well around the base of the plant, approximately 60-70 cm in diameter with a 15cm lip for three-year-old plants grown in 15 litre pots with a 30cm diameter.*

*The well helps ensure the proper irrigation of the plant. It prevents water dispersion and allows water to reach the root system.*

*Fill the well with a 10/15 cm layer of pinewood chips. In addition to slowing the growth of weeds, the chips also help conserve moisture and stop the soil from drying out.*

*Water well just after planting and repeat every 7/10 days during the growing season.*



*HOW TO PLANT  
THREE-YEAR-OLD FRUIT TREES  
IN A 15 LITRE VASE*



## *EFFETTI BENEFICI:*

*The phenol resveratrol present in grape skins is undoubtedly one of the fruit's most important components and has important health benefits for the body.*

*The flavonoids in grapes have powerful antioxidant properties, two of these in particular; quercetin and resveratrol counteract the negative effects of free radicals that are responsible age-related diseases such as cataracts or cardiovascular disease. Resveratrol as well as being an antioxidant has antibacterial, anti-inflammatory properties. Grapes also help detoxify the body and are not only an ideal food for people with weight problems but also for all those who need to eliminate toxins from their bodies such as suffers of gout, arthritis, bad circulation, kidney problems, high blood pressure and arteriosclerosis. Grapes are important for bone formation and strength. They are an important source of calcium, copper, iron and manganese. Adding grapes regularly to your diet can help prevent the onset of osteoporosis.*

*Quercetin, a flavonoid naturally present in red grapes, in addition to having anti-inflammatory and antioxidant properties, it is also a good source of energy, especially for people who feel lethargic or suffer from chronic fatigue. Grapes contain vitamin A, C, and K, which together with antioxidants and minerals, give a boost to the immune system helping it fend off bacteria and making it more resistant to colds and other more serious diseases.*

*A study published the British Journal of Nutrition suggests that grape juice can enhance brain health and may delay the onset of degenerative diseases associated with it. The study maintains that the effects may even benefit older people who already are already showing early signs of these degenerative diseases. One study conducted at the University of Miami suggested that a grape-enriched diet supports eye health, in particular vision threatening age-related diseases like macular degeneration.*

## *NUTRITIONAL VALUE:*

*100 g of fresh grapes contains about 69 calories  
(94.5% carbohydrate, 3.5% protein, 1.9% fat)*

### *Nutrition value per 100 g of grapes*

<i>Energy Value (Calories)</i>	<i>69</i>	<i>kcal</i>
<i>Protein</i>	<i>0,72</i>	<i>g</i>
<i>Carbohydrates</i>	<i>18,1</i>	<i>g</i>
<i>Sugars</i>	<i>15,48</i>	<i>g</i>
<i>Fat</i>	<i>0,16</i>	<i>g</i>
<i>Saturated Fats</i>	<i>0,054</i>	<i>g</i>
<i>Monounsaturated Fats</i>	<i>0,007</i>	<i>g</i>
<i>Polyunsaturated Fats</i>	<i>0,048</i>	<i>g</i>
<i>Cholesterol</i>	<i>0</i>	<i>mg</i>
<i>Dietary Fiber</i>	<i>0,9</i>	<i>g</i>
<i>Sodium</i>	<i>2</i>	<i>mg</i>
<i>Alcohol</i>	<i>0</i>	<i>g</i>

## *IN THE KITCHEN*

### *CONCORD GRAPE JAM:*

#### *INGREDIENTS:*

- *Juice of 1/2 lemon*
- *600 g sugar*
- *1/2 cup water*
- *1 kg concord grapes*
- *1 sachet of pectin*



#### *METHOD:*

*Remove the grapes from their stalks and wash. Put in a pan, together with half a glass of water.*

*Bring to the boil and cook over a medium heat for about 20-30 minutes, stirring occasionally. Puré the cooked fruit with a mouli-legumes food mill. Weigh the grape puré (about 880-850g).*

*Add 600 g sugar, the juice of half a lemon and simmer for 10-15 minutes over medium heat, skimming when necessary.*

*Add the pectin, and after 3 minutes turn off the heat. Pour the jam into sterilized jars, screw on the lids and turn upside down*

*When the jam has cooled down, turn the jars over.*

*Store in a cool, dark, dry place.*

## GRAPE JAM TART:

*FOR GLUTEN-FREE PASTRY (see p. 15)*

*FOR PASTRY SUITABLE FOR VEGANS (see p. 16)*

### *TRADITIONAL PASTRY*

#### *INGREDIENTS:*

- 250 g plain flour 00
- 100 g butter
- 50 g sugar
- 2 eggs
- 4 g cream of tartar
- 4 g sodium bicarbonate
- grated zest of 1 lemon



#### *FOR THE FILLING:*

- 300 g grape jam
- 50 g dark chocolate chips
- 50 g chopped almonds
- 1 teaspoon cinnamon

#### *METHOD:*

*Rub the butter into the flour add the remaining dry ingredients: sugar, baking soda and cream of tartar. Add the lemon and the eggs. Bring mixture together to form a ball. Leave to rest for thirty minutes in the fridge. Roll out the pastry and line a buttered flan dish. Set aside a part of the pastry for the lattice top. Mix the grape jam with the shavings of dark chocolate, ground almonds and cinnamon. Spread the jam over the pastry base. Roll out the remaining pastry and cut into strips. Arrange crisscross over the tart to form a lattice. Cook in a preheated oven at 180° C for 20 minutes, until golden brown.*



## *FROSTED GRAPES:*

### *INGREDIENTS:*

- *1 bunch of ripe grapes  
(black / white mature)*
- *2 egg whites*
- *sugar*



### *METHOD:*

*Thoroughly wash the grapes under running water, drying well with a clean tea towel.*

*Then dip the grapes in the lightly beaten egg whites, before coating with sugar.*

*Place on wire rack and leave to dry. Keep in the fridge until ready to serve.*

*The egg whites can be flavoured with a few drops of orange juice or rum if you prefer a stronger flavor.*

## GLUTEN FREE PASTRY:

*Gluten-free pastry is a traditional Italian pastry recipe, ideal for people who suffer from celiac disease and are intolerant to gluten. Gluten-free pastry uses rice and corn flour instead of plain flour.*

### INGREDIENTI:

- 250 g rice flour
- 100 g corn flour
- 125 g butter
- 2 eggs (4 egg yolks)
- 1 teaspoon baking powder



### METHOD:

*Put the rice flour and the corn flour in a food processor along with the pieces of butter from the fridge. Pulse several times until the ingredients resemble fine breadcrumbs.*

*Add the sugar, eggs, baking powder and mix again for a few seconds. Turn the mixture out onto a floured work surface and form a ball. Wrap in cling film and leave to rest in the refrigerator for about 40 minutes.*

*Your gluten-free pastry is ready to use!*

*N.B. You do not need to add any extra flavourings as the flour used will already give the gluten-free pastry a good taste. If you prefer a darker-yellow pastry use 4 egg yolks instead of 2 whole eggs.*



## VEGAN PASTRY RECIPE:

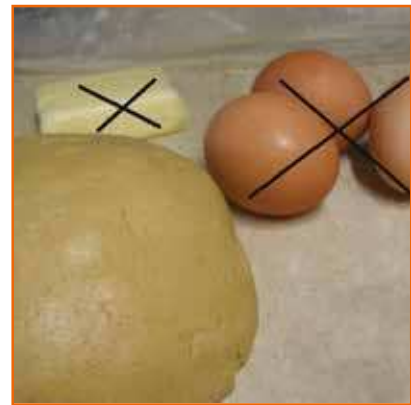
*The vegan pastry recipe uses oil instead of butter. It is the perfect base for your sweets and deserts!*

*This recipe makes a light and crumbly short crust pastry ideal for cakes and biscuits.*

*It takes just a few minutes to make this simple and delicious vegan pastry!*

### INGREDIENTS:

- 130 ml corn oil
- 200 ml salt water
- zest of an organic lemon
- 90 g brown sugar
- 300 g wheat seed flour



### METHOD:

*In large bowl whisk together the corn oil and lightly salted water. Add the grated rind of the lemon, avoiding grating in the pith, which has a slightly bitter taste.*

*Add the brown sugar and flour and work the ingredients together to form a ball. Before using the vegan pastry, leave to rest in the fridge for at least thirty minutes.*

## *REFERENCES:*

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