

THE ORIGIN OF THE WORD "GRAPE"

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ANNOTATION

This article discusses the origin of the term "grape". How the word "grape" appeared in the Russian language, and what meanings are meant by it.

Keywords: *viticulture, term, terminology, grapes, production, dishes, plants, linguistic culture, wine-making terms, thematic classification.*

The vine is not native to England. The word replaced Old English *winberige* "wine berry." Spanish *grapa*, Italian *grappa* also are from Germanic.

The cultivation of the domesticated grape began 6,000–8,000 years ago in the Near East.^[1] Yeast, one of the earliest domesticated microorganisms, occurs naturally on the skins of grapes, leading to the discovery of alcoholic drinks such as wine. The earliest archeological evidence for a dominant position of wine-making in human culture dates from 8,000 years ago in Georgia.^{[2][3][4]}

The oldest known winery was found in Armenia, dating to around 4000 BC.^[5] By the 9th century AD the city of Shiraz was known to produce some of the finest wines in the Middle East. Thus it has been proposed that Syrah red wine is named after Shiraz, a city in Persia where the grape was used to make Shirazi wine.^[6]

Ancient Egyptian hieroglyphics record the cultivation of purple grapes, and history attests to the ancient Greeks, Phoenicians, and Romans growing purple grapes both for eating and wine production.^[7] The growing of grapes would later spread to other regions in Europe, as well as North Africa, and eventually in North America.

In North America, native grapes belonging to various species of the genus *Vitis* proliferate in the wild across the continent, and were a part of the diet of many Native Americans, but were considered by early European colonists to be unsuitable for wine. In the 19th century, Ephraim Bull of Concord, Massachusetts, cultivated seeds from wild Vitislabrusca vines to create the Concord grape which would become an important agricultural crop in the United States.^[8]

Description

Grapes are a type of fruit that grow in clusters of 15 to 300, and can be crimson, black, dark blue, yellow, green, orange, and pink. "White" grapes are actually green in color, and are evolutionarily derived from the purple grape. Mutations in two regulatory genes of white grapes turn off production of anthocyanins, which are responsible for the color of purple grapes.^[9] Anthocyanins and other pigment chemicals of the larger family of polyphenols in purple grapes are responsible for the varying shades of purple in red wines.^{[10][11]} Grapes are typically an ellipsoid shape resembling a prolate spheroid.

Nutrition

Raw grapes are 81% water, 18% carbohydrates, 1% protein, and have negligible fat (table). A 100 gram reference amount of raw grapes supplies 69 calories and a moderate amount of vitamin K (14% of the Daily Value), with no other micronutrients in significant content. Comparing diets among Western countries, researchers have discovered that although French people tend to eat higher levels of animal fat, the incidence

of heart disease remains low in France. This phenomenon has been termed the French paradox, and is thought to occur from protective benefits of regularly consuming red wine, among other dietary practices. Alcohol consumption in moderation may be cardioprotective by its minor anticoagulant effect and vasodilation.

Although adoption of wine consumption is generally not recommended by health authorities, some research indicates moderate consumption, such as one glass of red wine a day for women and two for men, may confer health benefits. Alcohol itself may have protective effects on the cardiovascular system. Christians have traditionally used wine during worship services as a means of remembering the blood of Jesus Christ which was shed for the remission of sins. Christians who oppose the partaking of alcoholic beverages sometimes use grape juice or water as the "cup" or "wine" in the Lord's Supper.

The Catholic Church continues to use wine in the celebration of the Eucharist because it is part of the tradition passed down through the ages starting with Jesus Christ at the Last Supper, where Catholics believe the consecrated bread and wine *literally* become the body and blood of Jesus Christ, a dogma known as transubstantiation. Wine is used (not grape juice) both due to its strong Scriptural roots, and also to follow the tradition set by the early Christian Church. The Code of Canon Law of the Catholic Church (1983), Canon 924 says that the wine used must be natural, made from grapes of the vine, and not corrupt. In some circumstances, a priest may obtain special permission to use grape juice for the consecration; however, this is extremely rare and typically requires sufficient impetus to warrant such a dispensation, such as personal health of the priest.

Although alcohol is permitted in Judaism, grape juice is sometimes used as an alternative for kiddush on Shabbat and Jewish holidays, and has the same blessing as wine. Many authorities maintain that grape juice must be capable of turning into wine naturally in order to be used for kiddush. Common practice, however, is to use any kosher grape juice for kiddush. **Anthocyanins** (also **anthocyans**; from Greek: ἄνθος (*anthos*) "flower" and κύανεος/κυανούς *kyaneos/kyanous* "dark blue") are water-soluble vacuolar pigments that, depending on their pH, may appear red, purple, blue or black. Food plants rich in anthocyanins include the blueberry, raspberry, black rice, and black soybean, among many others that are red, blue, purple, or black. Some of the colors of autumn leaves are derived from anthocyanins.^{[1][2]}

Anthocyanins belong to a parent class of molecules called flavonoids synthesized via the phenylpropanoid pathway. They occur in all tissues of higher plants, including leaves, stems, roots, flowers, and fruits. Anthocyanins are derived from anthocyanidins by adding sugars.^[3] They are odorless and moderately astringent.

Although approved to color foods and beverages in the European Union, anthocyanins are not approved for use as a food additive because they have not been verified as safe when used as food or supplement ingredients.^[4] There is no conclusive evidence that anthocyanins have any effect on human biology or diseases.

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