



Scuppernong Muscadine Grape – Talking Paper
Presented by René Locklear White, Lumbee Indian
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INDIGENOUS PLANT

- Cultivated by Native American Indians for centuries.
- Scuppernong is an Algonquian word *ascopo* meaning "sweet bay tree."
- Grapes are a gift from the Creator; Jesus' first miracle changed water into wine (John 2:1-11).

SUPER-STAR FEATURES

- Muscadine grapes contain an abundance of a cancer-fighting compound called resveratrol (Bronze Muscadines have 930 ug Resveratrol and Black Muscadines have 1170 ug) see reports.
- Delicious, distinct un-replicable flavor.

VARIOUS NUTRITION & BENEFITS

- Resveratrol is naturally found in grapes, and the American Institute of Cancer Research (AACR) website names grapes and grape juice to be on the list of "foods that fight cancer."
- Antioxidant Superstar, champion of benefits compared to other grapes.
- Some argue resveratrol is the answer to the French paradox – why fatty French cuisine does not cause overweight/heart disease: cardioprotective and weight-managing properties of resveratrol in wine. (see reports)
- Rich source of polyphenols (micronutrients that we get through certain plant-based foods).
- Mississippi State University measured that there is about 40 times more resveratrol in golden and black Muscadine grapes than there is in Pinot, Chardonnay and Gamay grape varieties.
- Protein, zero fat, Calcium, Potassium, Vit. C, Fiber and more.

GROWING

- Important plants for improving wildlife habitat.
- Resistant to pests and diseases.
- Unlike table grapes that ripen in a bunch, muscadines ripen individually in clusters.
- Produce almost eight-fold yields of other grapes (while bunch grapes yield approximately eight pounds of fruit per vine, muscadine may produce up to 60 pounds).
- Perfect-flowered types are self-fruitful, which means they can pollinate themselves to set fruit.
- "Scuppernong" vines are exclusively female, which means that you must plant another perfect-flowered cultivar within specific distance for successful pollination.

TASTE

- Wild grape juice burst through a small hole into your mouth.
- After savoring the liquid, you can dispose of the seeds, pulp and skin.
- Or spit out the seeds, chew on the pulp, suck the remaining juice from the flattened skin then toss what is left.

LOOK

- Leathery outer layer encloses flavor.
- Greenish or bronze in color.

HISTORY

- Scuppernong Grape: State fruit of North Carolina since 2001.
- The term scuppernong refers to a large bronze type of muscadine originally grown in North Carolina; it is also used in making wine, principally dry red table wine.
- 1500's early explorers wrote there were many varieties of grapes growing in NC.