



NO SOUR GRAPES FROM NOAH

Many years after God created Adam and Eve, the earth was full of wicked people. God was not pleased and decided that it was time to start all over. The trick was finding someone to rely on. Thankfully, one man named Noah was a good and honorable person.

"Listen, Nice Noah," God said one day. "Soon I'm going to bring a terrible flood. No one will survive except for you, your family and two of each kind of animal."

"Oh my!" cried Nice Noah. "What do I have to do?"

"Don't worry," answered God in a soothing voice. "You are a farmer, but I'm going to teach you how to be a carpenter so that you can build a giant ark and go with the flow." God gave Noah step-by-step instructions, and soon he, his family and each animal pair set sail.

Now Noah was a calm person. Very little annoyed him—not even living with hundreds of animals for 40 days of pouring rain! Even being stuck in the ark on top of Mt. Ararat for another 150 days didn't get him angry, but it did make him curious. He opened the ark's window to take a peek.

"What do you think, boys? Should we send out a raven to find out if the flood is over?" he asked his sons Shem, Ham and Japheth.

"It's not a bad idea, Father," they replied.

Out went the raven. It flew back and forth, forth and back, waiting for the waters to dry up.

When more time had passed, Noah asked, "Maybe we should send out a dove this time?"

"You have nothing to lose," his sons answered.

The dove understood it had been given an important job. It proudly saluted Noah and flew off. Shortly after, it came back.

"No place for me to land," the dove panted. "It's wet everywhere."

Noah waited another seven days before sending the dove out again. This time the dove came back with a freshly-picked olive leaf in its mouth.

"Wonderful!" cried Noah. "The land has dried up and the fruits have begun to grow." Holding the olive leaf in his hand, Noah realized he had the first ingredient of Mediterranean cooking.

God told Noah to leave the ark and to bring his family and all the animals with him so they could be fruitful and multiply.

Excitedly, he cried out to his family, "Let's go!"

Now able to farm again, Noah was interested in growing new fruits.

"I have a grape idea!" he called out happily one day.

"You mean GREAT idea," corrected Shem.

"No, I mean GRAPE," insisted Noah. "I'm going to grow grapes!"

So Noah planted the world's first grapes, which turned into the world's first vineyard, which began the world's first wine industry. Here's a grape recipe for you to prepare, plus another using the olives from the branch the dove brought back.



"GRAPE" FRUIT SALAD

4-6 servings

Ingredients

- 3 oranges
- 2 bananas
- 2 apples
- 1 cup grapes
- 1/2 cup raisins
- 1/2 cup orange juice
- 1 tsp. finely chopped almonds (optional)

Step-by-Step Preparation

1. Peel the oranges, bananas and apples.
2. Cut the bananas into thin slices. Cut the oranges and apples into small cubes.
3. Place the cut fruit in a bowl, add grapes, raisins and orange juice, and mix.
4. Sprinkle finely chopped almonds on top and serve.

3-BEAN OLIVE SALAD

6 servings

Ingredients

- 1/2 can pitted green olives
- 1/2 can pitted black olives
- 1 can string beans
- 1 can chickpeas
- 1 can kidney beans
- 1 cup cherry tomatoes
- 1 large onion
- 1/4 cup olive oil
- 2 Tbsp. lemon juice
- pepper to taste

Step-by-Step Preparation

1. Drain the liquid from the canned vegetables.
2. Pour the olives, string beans, chickpeas and kidney beans into a bowl.
3. Cut cherry tomatoes in half and add them to the mixture.
4. Cut the onion into thin slices and add them to the mixture.
5. Add olive oil, lemon juice and pepper, and mix.
6. Chill before serving.