

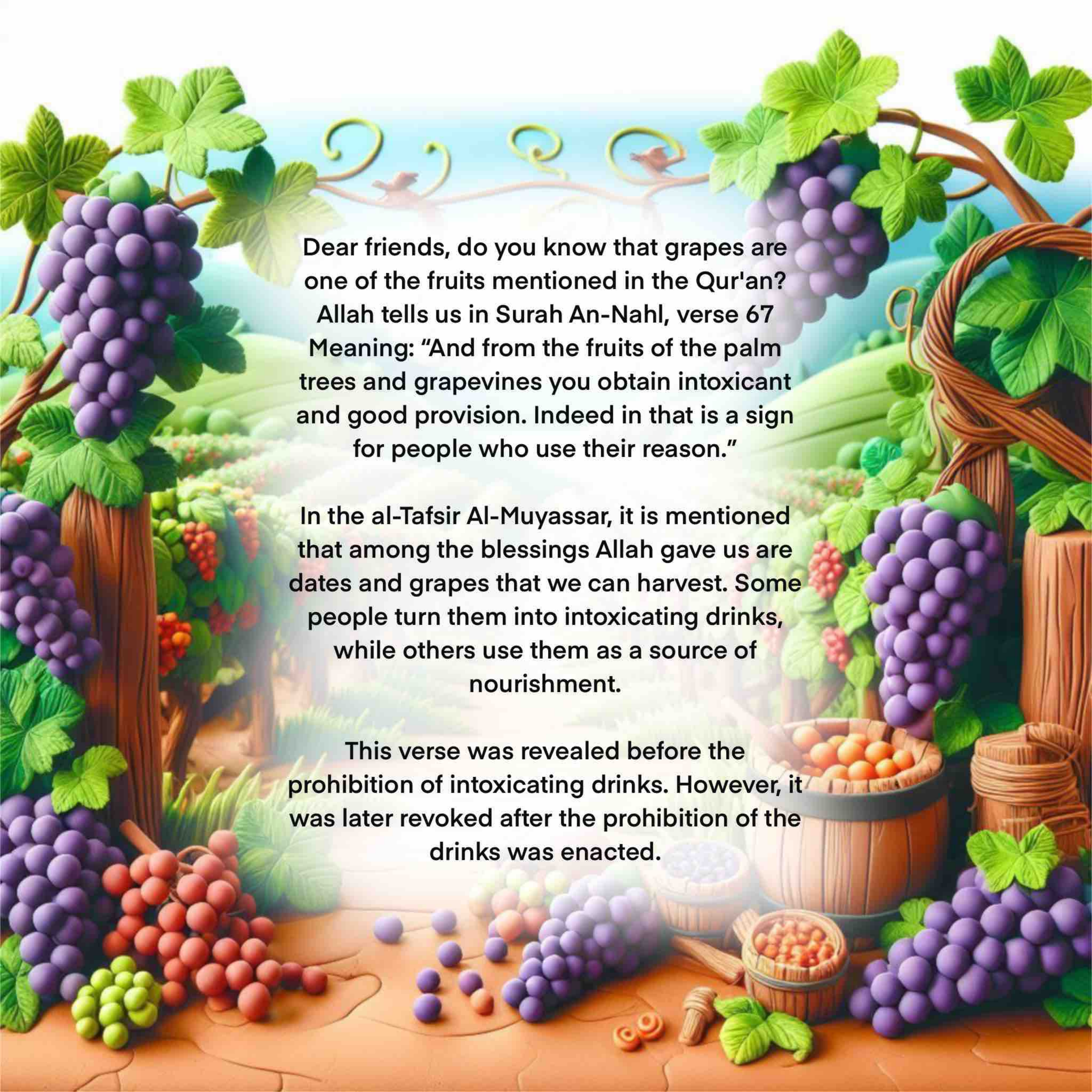
Fruit in the Qur'an series: Grapes

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Dear friends, do you know that grapes are one of the fruits mentioned in the Qur'an? Allah tells us in Surah An-Nahl, verse 67 Meaning: "And from the fruits of the palm trees and grapevines you obtain intoxicant and good provision. Indeed in that is a sign for people who use their reason."

In the al-Tafsir Al-Muyassar, it is mentioned that among the blessings Allah gave us are dates and grapes that we can harvest. Some people turn them into intoxicating drinks, while others use them as a source of nourishment.

This verse was revealed before the prohibition of intoxicating drinks. However, it was later revoked after the prohibition of the drinks was enacted.

Grapes can indeed be turned into an intoxicating drink called wine through a fermentation process, which produces alcohol. The alcohol content in wine can be as high as 12-15%! This is very harmful if consumed. Even though there are some benefits, the harm caused by alcohol is greater, so it is forbidden in Islam.

When consumed in their fresh form, grapes contain numerous vitamins and minerals that are useful for the body. Additionally, the fiber content in grapes aids in digestion and prevents constipation.



Besides eating the grapes fresh, we can also make grape juice, jam, or even raisins (dried grapes). Yummy!

MashaAllah, there are so many benefits of grapes. Let us be grateful for the blessings that Allah has given us.

