

Let's *Wine*
About it



SYRAH

Pronunciation: "Sear-ah"

Taste: Blueberry, plum, tobacco, cured meat, black pepper, violet

Style: Full-Bodied Red Wine

Description: Syrah (aka Shiraz) is a full-bodied red wine that's heavily planted in the Rhône Valley in France and Australia. The wines have intense fruit flavors and medium-weight tannins. Syrah is commonly blended with Grenache and Mourvèdre to create the red Rhône blend. The wine often has a meaty (beef broth, jerky) quality.

Food Pairing: lamb, beef, smoked meats; Mediterranean, French, and American firm cheeses like white cheddar, and hard cheeses like Spanish Manchego.

WE NEED YOUR HELP!

In order to better serve our members, we need to receive any new info and changes regarding your status (i.e., change of address, new credit card number, etc.) by the 20th of each month.

PLEASE NOTIFY US BY CALLING (888) 646-5446, Ext. 13.

Any information received after the 20th of each month will not take effect until the following month. Change of address updates, for the upcoming shipment, called in after the 20th, may be subject to a special handling fee.

VISIT US ONLINE

WWW.TASTEMONTEREY.COM

Mix & Match

ANY OF THE CURRENT OR PREVIOUS CLUB WINES TO RECEIVE 25% OFF 12 BOTTLES OR 20% OFF 6

JUNE SELECTIONS	PRICES EXPIRE 08/31/2022	REGULAR PRICE*	12-BOTTLE DISCOUNT PRICE*	6-BOTTLE DISCOUNT PRICE*
Craftwork 2019 Pinot Noir		\$20.00	\$15.00	\$16.00
Wrath 2020 EX Unoaked Chardonnay		\$19.00	\$14.25	\$15.20
Wrath 2019 EX Syrah		\$25.00	\$18.75	\$20.00
Craftwork 2021 Sauvignon Blanc		\$18.00	\$13.50	\$14.40
MAY SELECTIONS	PRICES EXPIRE 07/31/2022			
District 7 2019 Cabernet Sauvignon		\$20.00	\$15.00	\$16.00
Carys 2020 Sauvignon Blanc		\$20.00	\$15.00	\$16.00
Joullian 2017 Zinfandel		\$35.00	\$26.25	\$28.00
District 7 2020 Chardonnay		\$18.00	\$13.50	\$14.40
APRIL SELECTIONS	PRICES EXPIRE 06/30/2022			
VDR 2020 Red Blend		\$26.00	\$19.50	\$20.80
Montoya 2019 Montoya Rosé		\$16.00	\$12.00	\$12.80
Montoya 2019 Cabernet Sauvignon		\$18.00	\$13.50	\$14.40
Morgan 2020 Albarino		\$24.00	\$18.00	\$19.20
PRIVATE RESERVE CLUB	PRICES EXPIRE 08/31/2022			
Meniketti 2017 Pinot Noir		\$48.00	\$36.00	\$38.40
Scott 2019 Chardonnay		\$36.00	\$27.00	\$28.80
Comanche 2019 Petite Sirah		\$38.00	\$28.50	\$30.40

TO ORDER, CALL TOLL-FREE: 888-646-5446
*PRICES LISTED REFLECT PRICE PER BOTTLE. NO OTHER DISCOUNTS APPLY.

TASTING MONTEREY

A WINE ENTHUSIAST'S MONTHLY JOURNEY THROUGH MONTEREY'S WINE COUNTRY



Missing our view?
Check out our live webcam while you sip on some Monterey Wine.

The Never Seen Wine Ingredient Label

Have you ever wondered what's really in the bottle of wine you are opening? Of course, you know it's essentially fermented grape juice in its most basic form...but what about details like calories, fat content, protein, carbohydrates, vitamins or a host of other items? It's not like there are those ingredient labels on the back of wine bottles you see on pretty much every other food or beverage item (and thank goodness those labels are not there!). But you may actually be surprised what is exactly in wine and what is not.

Obviously the principal ingredient for any wine is the grapes themselves, though there is some variation between red and white wines based on red wines containing more of the actual crushed grape skins than whites. But let's keep it simple and consider the content of red wines, also keeping in mind that not every wine will be exactly the same.

Watching your waist line? Well...hate to say it, but while a glass of wine may not be as potentially damaging as say a pint of beer, it's still not going to help your weight-loss goals. Fortunately, there is



no fat content in wine; there are, however, things present that we're often advised to avoid. These include excessive calories, carbohydrates, and sugars.

A typical glass of wine will have around 80-100 calories. Compare this to a standard glass of beer, which will be in the 130 calorie range, and we feel pretty good about our glasses of vino. Someone may say that a banana is around 105 calories; so what's the big deal about 80? The difference is that a banana offers a host of useful ingredients to your body that you won't get with a glass of wine (e.g. vitamin c, significant protein, potassium, fiber). A dietician would tell you that calories from any alcoholic beverage are dangerous when compounded, as they are "empty calories," which basically don't return any benefits.

Carbohydrates are not necessarily bad for you, but they should be controlled, as too many and you're doing your swimsuit presentation a disservice. That said- you're still better off with a typical glass of wine which has around 2-3 grams of carbs compared to a beer with around 10 carb grams.

And protein? Yes, there is a little in wine, but nothing to base a work-out session on. Sugars? Sure, as in any fruit, there are sugars; but in wine there is not a significant amount. Vitamins, minerals, and fiber? No, sorry...you're not going to get these from vino- keep eating your fruits and veggies.

Then there's that scary word associated with salt that we know we are supposed to be extra careful around...sodium. Again, we wine-lovers can take comfort that each of our wine glasses will contain around 8 milligrams of sodium compared to around 14 for our beer guzzling friends. But 8 mg of sodium



June Referrals



Refer a friend to the Monterey Wine Club, and after they join, you get a \$20.00 Gift Card!



Follow us on Instagram and Facebook @atasteofmonterey

Continued Inside

Monthly Wine Selections

CRAFTWORK - 2019 Pinot Noir



The delicate Pinot Noir grapes are picked in the cool, early morning hours, at optimum ripeness. Upon arrival at the winery, they are destemmed and cold soaked at 50°F for three days to help stabilize color and enhance flavor. The juice is then fermented in open-top fermenters, punched down three times a day at the height of fermentation, and held on the skins for two weeks before pressing. The wine is carefully aged with a combination of new and neutral oak to craft a lush, elegant offering that displays bright fruit and vivid flavors.

This elegant wine opens with aromas of black cherries, raspberries and plums. Medium-bodied with soft tannins, the bright red fruit flavors balance a lingering, sweet oak finish. Pairs beautifully with grilled salmon, roast duck, pork tenderloin and soft-ripened cheeses.

100% Pinot Noir 13.5% Alcohol Cellar Through 2026
 Comments: _____ ◇ Great ◇ Good ◇ So-So

WRATH - 2020 EX Unoaked Chardonnay



With a name meaning “out of” in Latin, EX speaks to Wrath's focus on expressing the personality and characteristics of their Certified Sustainable (SIP) estate vineyard. The 2019 EX Chardonnay comes from the original old vine, own-rooted Clone 4 planted in 1985 on the estate San Saba vineyard.

The 2020 EX Chardonnay comes from the original 35-year old, own-rooted Clone 4 planted on their estate San Saba vineyard. It is fermented (primary only) and aged for 3 months in stainless steel. The resulting unoaked wine is bright and direct, yet deceptively rich. The nose has a subtle tropical note and flavors offer guava, banana and green apple. There is a noticeable but balanced acidity with a full mouthfeel.

Accolades: 91 pts from Wine Enthusiast

100% Chardonnay 13.4% Alcohol Cellar Through 2023
 Comments: _____ ◇ Great ◇ Good ◇ So-So

WRATH - 2019 EX Syrah (Club Red)



This wine is equal parts clones 174 and 877. Only 3 acres of Syrah are planted in their estate vineyard. Vine yields are closely managed and average slightly less than 4 tons to the acre. Grapes are hand picked and hand sorted. Clones are kept in separate lots during fermentation and barrel aging. 20% of the lots were fermented using whole clusters. Once fermented to dryness, lots are aged in an assortment of French oak barrels (25% new) from various tonnelleries (for added complexity). Wines are barrel aged for around 12 months before bottling. The bottled wine rested for another 12 months before release.

This bottling shows the savory side of Wrath's estate-grown, cool-climate Syrah clusters. Black peppercorn, rosemary, cola and blueberry aromas show on the nose, while the palate has more of the same along with cracked pepper, ripe olallieberry and dried meaty flavors. This wine is a slightly younger, less oaky version of its bigger brother, San Saba.

Vineyard Syrah. Full-flavored and savory, this wine has dark berries, black pepper, and dried herbs all wrapped with velvet tannins.

Accolades: 93 pts from Planet Grape

100% Syrah 14.3% Alcohol Cellar Through 2026
 Comments: _____ ◇ Great ◇ Good ◇ So-So

CRAFTWORK - 2021 Sauvignon Blanc (Club Blanc)



The grapes are whole cluster pressed, chilled and racked clean to a refrigerated stainless steel tank to accentuate the crisp, zesty qualities and retain its distinctive freshness. A select yeast is used to start a long, slow, and cool fermentation to enhance the fruit esters. The finished wine continues to age in stainless steel and is stored cold to retain bright aromatics, crisp acidity and fresh character.

Striking aromatics of grapefruit and guava lead into ripe apple and melon flavors. Bright and crisp with balanced acidity, the wine wraps up with a refreshing tropical fruit finish. Delicious as an apéritif, it also pairs well with a broad range of foods, including citrusy ceviche, grilled shrimp or scallops, gazpacho, and Asian stir fry.

100% Sauvignon Blanc 13.5% Alcohol Cellar Through 2024
 Comments: _____ ◇ Great ◇ Good ◇ So-So

Cover Article Continued

is nothing to ignore. Yes, red wine has been proven to have health benefits, including to our cardiovascular systems (see later), but proceed in moderation, good friends.

Another ingredient that can cause concern is sulfites, and their association with wine is often misunderstood. For example, sulfites occur naturally in all wines to a certain degree. All wines, even organic wines, to those who insist this not true. Often you'll run across Europeans claiming that American wines have sulfites and Euro wines do not. Erroneous! Mostly anyway...while all wines have some level of naturally-occurring sulfites, sulfites can also be introduced in the wine-making process for various reasons, and there is a valid point that European winemakers, in general, employ this practice less often than their American counterparts.

Why such concern over sulfites? It is true that some people experience allergic-like reactions to them when they encounter sulfites in foods, but for most people, it's a non-issue and the topic is one often blown out of proportion.



Now let's get to those benefits. Red wine consumption has been shown to increase levels of high-density lipoprotein, or HDL cholesterol. This increase in HDL cholesterol is beneficial, as it can help remove bad cholesterol from our blood and reduce fatty plaques in our arteries.

Alcohol, generally, has also been proven to help heart functions by preventing clots and reducing previous damage caused by bad cholesterol. Red wine specifically offers extra benefits though. There is a compound in grape skins, resveratrol, that acts like an antioxidant and helps protect our arteries from

damage that increases the risk of heart disease. Another beneficial component in red wines is known as saponins, which also come from grape skins and are believed to help improve cholesterol levels by preventing your body from absorbing too much cholesterol.

But, as we all know, having too much alcohol in any form can be detrimental to our health, leading to high blood pressure, strokes, and heart issues. So, while we feel good about knowing that our glasses of wine are not the worst form of libation, let's not forget to put limits on our indulgences. So, enjoy your glass of Monterey County's finest, but be mindful that, as with most things in life, moderation is of utmost importance.

Bryce Ternet - contributing editor and is the author of three books. See <http://www.mbryceter.net.com/> for more.



Entertain with Wine



WINE PAIRING MISTAKES

Syrah and Glazed Chicken

Syrah is loved the world over for its juiciness and big character. It's perfect on its own and when properly paired with food, making it a favorite of both home cooks and professional sommeliers alike.

One mistake that even some somms make, however, is pairing Syrah with heavily sauced items like glazed or sweet and sour chicken.

This is a mistake because both the wine and the food are enough to overwhelm your palate. They combine to create a perfect storm that does far more harm to the meal than it does good. Stick with a tropical white such as Sauvignon Blanc; the pairing will be far more balanced.

Chardonnay and Goat Cheese

Goat cheese is typically associated with extremely powerful, astringent flavors that can come alive when paired with the right wine. These same flavors can destroy more delicate wines, however, and the buttery Chardonnay is often the victim.

It's a popular pairing that exists within the restaurant community, yet it almost never works properly. Goat cheese is highly acidic and requires a wine that features similar acid levels such as Zinfandel and Cabernet Franc.

It may sound counter-intuitive, but once you've tried this pairing, there's no going back.