

# Tasting Monterey

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

## COMING EVENTS

October 1-31, 2012

### Fall Wine Sale

15% - 20% Off and Free Shipping Nationwide\* on all case purchases.

\*Restricted in some states  
www.tastemonterey.com or 888.646.5446

Friday, October 26, 2012

### Last Fridays Wine Bar

A Taste of Monterey Cannery Row 6:00pm-9:00pm\*  
Join us on the last Friday of every month from 6pm to 9pm. A Taste of Monterey, Cannery Row is keeping its doors open later and offering special wine by the glass prices. Start your weekend off with a relaxing view and a glass of Monterey's finest.

### Extended Hours

A Taste of Monterey Cannery Row 11:00am-7:00pm\*\*  
Our tasting room is now open 1 hour later on Thursday, Friday and Saturday.

\* No new tastings after 5:45pm  
\*\* No new tastings after 6:00pm

## OCTOBER REFERRALS



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



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## 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 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.

*Continued Inside*

# MONTHLY WINE SELECTIONS

## MUIRWOOD VINEYARDS - 2010 Merlot



Muirwood is a line of limited production, reserve quality wines grown, produced and bottled from Arroyo Seco Vineyards along California's Central Coast. Located in the premium grape-growing appellations of Monterey and Arroyo Seco, these vineyards yield intense, full-flavored fruit of exceptional quality. For the Muirwood collection, the winemaker selects the finest fruit, and then handcrafts the wine with extraordinary attention and care to produce distinctive wines with great nuance and depth. It is the best the winery has to offer.

The Muirwood Merlot blends the unique characteristics of several vineyards to create a distinctive and exceptional wine. Grapes from their Los Lobos vineyard in southern Monterey County, where warm days and cool nights prevail, enhance the wine's tannin and structure, while temperate days and cool nights at Suter Ranch in the Arroyo Seco lend color intensity and red berry aromas.

100% Merlot

13.5 Alcohol

Cellar Through 2016

Comments: \_\_\_\_\_ ◇ Great ◇ Good ◇ So-So

## CRŪ WINE COMPANY - 2010 Vineyard Montage Chardonnay



The 2010 CRU "Vineyard Montage" Chardonnay was sourced exclusively from marine influenced vineyards throughout Monterey County. These vineyards include: Cobblestone and Marks Vineyard in Arroyo Seco and Paraiso Vineyard in the Santa Lucia Highlands. The Santa Lucia Highlands overlook Monterey County's Salinas Valley. The southeast facing slopes benefit from the morning sun, followed by afternoon sea breezes and moderate night time temperatures. The Marks Vineyard is comprised of clone Ch76 on 101-14 rootstock, the Cobblestone is Clone 809 on 101-14 rootstock, and the Paraiso Ranch is CH96 on 101-14 rootstock. Utilizing various clones and terroirs creates more complexity of aroma and flavor to the final blend.

On the nose, tropical notes, hints of spearmint, white peach, and lychee. On the palate ripened white peach, green apple, mango, and melon with a mineral accent on the finish.

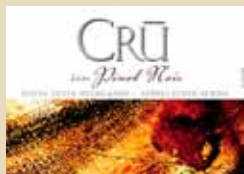
100% Chardonnay

14.2% Alcohol

Cellar Through 2014

Comments: \_\_\_\_\_ ◇ Great ◇ Good ◇ So-So

## CRŪ WINE COMPANY - 2010 Santa Lucia Highlands Pinot Noir (Club Red)



Also referred to as the Smith-Lindley vineyard, the Sarmento Vineyard consists of 300 acres of Pinot Noir and 60 acres of Chardonnay and is located 660 feet above the Salinas Valley floor. Co-owned by Rich Smith and Butch Lindley, Sarmento Vineyard is 5 miles north of Paraiso Vineyard. Composed of granitic loam soils and home to the Pommard clone and Dijon clones such as 667 and 115. Because of their elevation, vineyards such as Sarmento receive plenty of late-morning sunlight, being above the fog-line, they are then cooled in the evening by the ocean breezes that crest the Santa Lucia range. Planted in 2000, this young vineyard is just now beginning to show the quality of fruit it is capable of producing.

On the nose, black cherry, violets, and leather. On the palate, more black cherry, pomegranate, tea, white pepper, with gorgeous strawberry notes and well integrated oak character on a well structured frame.

100% Pinot Noir

14.6% Alcohol

Cellar Through 2015

Comments: \_\_\_\_\_ ◇ Great ◇ Good ◇ So-So

## HOLMAN RANCH - 2011 Rosé of Pinot Noir (Club Blanc)



Holman Ranch's vineyard lies between 950 and 1150 feet in elevation. The rootstocks and soils are most important in producing excellent fruit from their vineyards. They use the French philosophy in their approach to producing fine wine... winemaking starts with people. People make the decisions and those decisions determine the quality of the wine. They strive for more balance and structure in the grapes while aiming for three tons per acre at harvest. No herbicides or pesticides are used on the fruit.

This wine offers a fruity flavor with subtle hints of cherry, strawberry and watermelon. The juice was left on the skins for four hours, creating a light, crisp, dry Rosé.

100% Pinot Noir

13.5% Alcohol

Cellar Through 2013

Comments: \_\_\_\_\_ ◇ Great ◇ Good ◇ So-So

## Cover Article Continued

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 grapes, 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 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.mbryceternet.com/> for more.



## VISITING Varietals



## GRENACHE

**Pronunciation:** Gren-ash

**Definition:** Grenache (called Garnacha in Spain) is a red grape that originates in the Rhone Valley of southern France. In its prime it produces a deep colored red wine with ripe red fruit flavors, often raspberry dominates the palate.

**Flavor Profile:** The characteristic notes of Grenache are berry fruit such as raspberries and strawberries. When yields are kept in check, Grenache based wines can develop complex and intense notes of black currants, black cherries, black olives, coffee, gingerbread, honey, leather, black pepper, tar, spices and roasted nuts. When yields are increased, more overtly earthy and herbal notes emerge that tend to quickly fade on the palate.

**Food Pairing:** Because of its light sweetness and being a dry wine, Grenache is a good match for grilled red meats. The heavier the wine, the heartier the meat it can be paired with. Try it with kebabs, fillets, beef stroganoff, prime rib, lamb chops or even a cheeseburger.

## RECIPE

## Couscous Stuffed Bell Peppers

## Ingredients

1 1/4 cups	chicken broth
1 cup	couscous
4 large	bell peppers, mixed colors
2 tsp	olive oil
1/2 cup	chopped onion
6 oz	zucchini, quartered lengthwise then sliced across thinly
6 oz	yellow squash, quartered lengthwise then sliced across thinly
1/2 tsp	fennel seeds
1/2 tsp	dried oregano
1/2 tsp	salt
1 cup	cherry tomatoes, cut in half
15 oz	canned garbanzo beans, drained and rinsed
1 cup	crumbled feta chees

## Directions

Preheat oven to 350°F. Bring the broth to a boil in a saucepan, add the couscous, cover the pan and remove it from the heat. Bring a large pot of water to a boil. Cut the stems and top half inch off the bell peppers and scoop out the seeds and membranes. Boil cleaned peppers for 5 minutes, then drain them upside down. Heat oil in a nonstick skillet. Add onion, zucchini, yellow squash, fennel seeds, oregano, and a pinch of salt. While stirring frequently, cook for 5 minutes (vegetables will soften). Remove from heat and stir in the tomatoes and garbanzo beans. Add the couscous into the skillet and toss with the vegetables. Stir in the crumbled feta. Place peppers upright in a baking dish and fill them with couscous mixture. Bake for 15 minutes & serve.

Recipe Courtesy of:





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(888) 646-5446

**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

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.

**PLEASE SEND QUESTIONS OR COMMENTS TO:**

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club@tastemonterey.com

**CLUB SAVINGS**

Remember, as a Club Member, you receive a 15% discount on all purchases (20% for Quattro and Cellar members) and a weekly complimentary tasting.

**NEWSLETTER STAFF**

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# MIX & MATCH

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

OCTOBER SELECTIONS		PRICES EXPIRE 12/31/2012	REGULAR PRICE*	12-BOTTLE DISCOUNT PRICE*	6-BOTTLE DISCOUNT PRICE*
	Muirwood 2010 Merlot		\$16.00	\$12.00	\$12.80
	Cru Wine Company 2010 Vineyard Montage Chardonnay		\$23.00	\$17.25	\$18.40
	Cru Wine Company 2010 Santa Lucia Highlands Pinot Noir		\$29.00	\$21.75	\$23.90
	Holman Ranch 2011 Rosé of Pinot Noir		\$22.00	\$16.50	\$17.60
SEPTEMBER SELECTIONS		PRICES EXPIRE 11/30/2012			
	Montoya Vineyards 2010 Pinot Noir		\$16.00	\$12.00	\$12.80
	Otter Cove Wines 2010 Chardonnay		\$23.00	\$17.25	\$18.40
	Hahn Wines 2010 SLH Pinot Noir		\$35.00	\$26.25	\$28.00
	Montoya Vineyards 2010 Chardonnay		\$16.00	\$12.00	\$12.80
AUGUST SELECTIONS		PRICES EXPIRE 10/31/2012			
	Ventana Vineyards 2009 Rubystone		\$22.00	\$16.50	\$17.60
	Paraiso Vineyards 2010 Chardonnay		\$18.00	\$13.50	\$14.40
	Pierce Ranch Vineyards 2007 Tourbillon		\$18.00	\$13.50	\$14.40
	Ventana Vineyards 2010 Pinot Gris		\$22.00	\$16.50	\$17.60
PRIVATE RESERVE CLUB		PRICES EXPIRE 11/30/2012			
	Pessagno Winery 2010 Sleepy Hollow Chardonnay		\$32.00	\$24.00	\$25.60
	De Tierra Vineyards 2007 Silacci Pinot Noir		\$26.00	\$19.50	\$20.80
	Scheid Vineyards 2006 Reserve Claret		\$60.00	\$45.00	\$48.00

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\*PRICES LISTED REFLECT PRICE PER BOTTLE. NO OTHER DISCOUNTS APPLY.