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# The Grapevine

THE OFFICIAL NEWSLETTER FOR VINESSE WINE CLUB MEMBERS

## Exploring the Ventura County Wine Trail

Perfect Wine Pairings  
at West Town Tavern

The 'Waterford Way'  
Is a Delectable Way

Is Playing the Aging  
Game Worth the Risk?

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To uncover and bring you wine gems from around the world, which you're not likely to discover on your own, and which enhance your wine enjoyment.

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## EDITOR'S JOURNAL

### The Aging Game

By Robert Johnson

***Today, I have a much different perspective on the benefits of aging wine than I did 25 years ago.***

Back then, when I was 28 years old, the concept was intriguing, somewhat mysterious and even a bit romantic.

We'd all heard certain people in our lives described as "aging gracefully, like a fine wine." But what did that mean? I could understand the

concept of wine changing over time... but did it always get better?

Sometimes, it seemed like a giant leap of faith. Other times, it made perfect sense. And on those occasions when it made sense, I would buy a bottle that had been deemed "ageworthy" by a trusted critic, with every intention of "laying it down" for 20 years and opening it on a special occasion.

Over a period of about five years, I purchased probably 50 bottles specifically for long-term aging. Someone once said, "The great thing about getting older is that you don't lose all the other ages you've been," and I applied that concept to wine: At each step of its evolution, it would contribute something to the wine that

I would pour into a glass two decades hence.

Well, exactly five of those 50 or so bottles made it to the 20-year mark. The others were opened at various times for various reasons — a special birthday... a story in *Wine Spectator* stating it was time to drink those 1985 Napa Cabernets... too much "other" wine consumed in the hours leading up to uncorking that special bottle.

I believe it was George Bernard Shaw who observed, "Hell is paved

with good intentions..."

So what did those five well-aged wines taste like? Did they evolve into liquid treasures of hedonistic pleasure? Were they "better" than they were 10 or 15 years

earlier, when their siblings were consumed? Or did they simply grow old?

To me, they were no better and no worse. They simply were... *different*.

Was I glad I had managed to keep the corkscrew away from them for so long, as I had planned? Yes, if for no other reason than to learn that aging wine is an uncertain, somewhat risky endeavor.

In other words, it is a pursuit for the young.





## Moscato With Lobster and Shrimp?

**You may not know the name Aubrey Drake Graham, but you might know Drake — a Canadian rapper who goes simply by that single name.**

You may not know Tremaine Aldon Neverson, but you may know Trey Songz — the stage name used by Neverson, who is an American rapper.

In October 2009, Trey Songz released a song called “I Invented Sex,” which featured Drake. The song was a modest hit; it reached No. 42 on Billboard’s “Hot 100.”

But it has had a tremendous impact on the sale of one particular type of wine: Muscat — a.k.a. Moscato.

The song’s lyrics project a... how would one describe it?... sensual message. Much of it can’t be shared in a family publication such as *The Grapevine*.

But we *can* share the key lyrics — the words that some feel have helped fuel the surge in the popularity of Muscat/Moscato wines: “Lobster and shrimp and a glass of Moscato...”

Here are the facts:

- In 2008, according to market research firm



SymphonyIRI Group, Moscato sales in the United States amounted to \$32 million.

- In 2009, “I Invented Sex” was released.
- In 2010, U.S. sales of Moscato increased to \$105 million.
- In 2011, it’s expected that Moscato sales will jump to \$164.

Can one song — and a modest hit, at that — really have such a significant impact on the sale of one type of wine?

We’ll answer that question with a question: Can one movie — and a modest hit, at that — really have such a significant impact on one type of wine? We refer you to the 2004 film “Sideways,” which helped put Santa Barbara County Pinot Noir on the map, and spawned the planting of hundreds of additional acres of Pinot in that region.

By the way, a much better pairing partner for lobster is a nice, buttery (but not oaky) Chardonnay. And with shrimp, we’d opt for Sauvignon Blanc or dry Riesling over Moscato.



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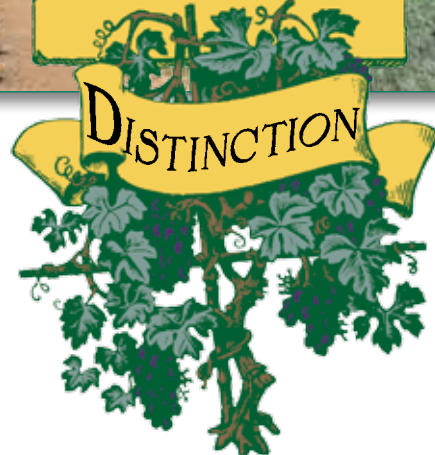
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## The 'Waterford Way': An Experience Like No Other



WINERIES OF



***I**t's not exactly like the safari excursions you could take at South Africa's famous Kruger National Park, but it's a safari of a kind.*

At Waterford Estate in the Stellenbosch growing region of South Africa, guests can board a safari-type game-viewing Landrover that has been outfitted with bucket seats. No more than 10 passengers at a time embark on tours of the property, which sits on the slopes of the beautiful Helderberg Mountain.

Because the owners of the estate — Jeremy and Leigh Ord, and Kevin and Heather Arnold — have committed to planting no more than half of the land to grapevines, there's plenty to see. In a word, the flora and fauna that's native to the Blaauwklippen Valley is stunning.

"As part of our biodiversity program, we wish to show visitors our intentions in terms of sustainable agriculture, since we are aiming to achieve an organic approach to wine farming," Jeremy Ord explains. "The Cape is home to the largest and most spectacular concentration of flowers and plants found anywhere on Earth. It is our intention to play a small role in preserving the Cape's floral kingdom by leaving sections of the property

untouched, while showing guests some of the Cape's natural beauty."

The excursions also provide an unusual setting for sampling Waterford's wines: amidst the grapevines.

"While out in the vineyards, we are able to explain our 'terroir' to guests, and get them to smell the soil and rocks in which the vines grow," Ord says. "At the same time, they can enjoy the beautiful vistas, geography and topography of the Cape winelands."

The families even manage to sneak in a little history lesson along the way.

"At certain vantage points, we stop to explain the 350-year history of South African winemaking, while looking at Table Mountain and Constantia, where it all started in 1652," Ord says. "We wish to explore all the senses — sight, smell, sound, touch and taste — on the 'Wine Drive,' in order for our guests to experience both what is inside and outside the bottle. We call this the 'Waterford Way.'"



The “Wine Drive,” which runs anywhere from an hour-and-a-half to two hours, is just one way guests can experience Waterford Estate and its wines — including Sauvignon Blanc, Chardonnay, Cabernet Sauvignon, Shiraz and the top-of-the-line bottling known as “The Jem,” a blend of Cabernet Sauvignon, Shiraz, Malbec, Cabernet Franc and Sangiovese.

There’s also a “Wine and Chocolate Experience,” featuring the sumptuous creations of chocolatier Richard von Geusau; a “Romantic Wine and Chocolate Experience,” which also includes a glass of sparkling wine; and a “Reserve Vintage Tasting,” which includes some of the experimental bottlings from the early days of the estate.

How did Waterford Estate come to be? It was created through a special partnership between two families who had a shared dream to create a wine farm where life is cherished, the seasons mark time, and the fruit always reminds them of blessings, abundance and the beauty of nature.

Waterford Wines (Pty) Ltd. was founded in 1998 when the Ords purchased prime Stellenbosch vineyard land that previously was part of the Stellenrust Farm. The Arnolds were responsible for identifying the site, planning the new winery and resurrecting the existing vineyards and orchards, and have been instrumental in developing Waterford into the showcase estate it has become.

“Just as in winemaking, it is not about a single season, harvest or vintage,” says Ord. “It’s about continuity, longevity and perpetuation — building for the future and the

generations to come.

“The ‘Waterford Way’ is a philosophy that celebrates prosperity, life, food, wine, family and friends, and guides all that we do here. Every guest is made to feel a part of the ‘Waterford Way,’ and those who have visited are drawn back often not only to the sumptuous wines, but to the heart and soul of Waterford.”

Not to mention the ancient citrus groves, rolling lawns, water features and fragrant lavender beds.

The winery was designed by architect Alex Walker and constructed using quarried local bedrock, stones from the vineyard, and timber grown on the estate.

It was styled along the terracotta design of the classic Bordeaux chateaux of France. The centerpiece of the magnificent courtyard is the Waterford fountain, which is depicted on the winery’s label and, as Ord puts it, “represents a fundamental component of our philosophy.”

A philosophy that has served the Ords and the Arnolds — not to mention their guests — very well.

## Winery 4-1-1

### Waterford Estate

Blaauwklippen Rd.

Helderberg, Stellenbosch  
South Africa

#### Hours:

Weekdays, 9 a.m.-5 p.m.

Saturday, 10 a.m.-5 p.m.

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## TOURING TIPS

**N**orth of Los Angeles and south of Santa Barbara, California's newest wine-touring region — Ventura County — is coming into its own.

Some of the wineries use locally-grown grapes, while some bring in fruit from other parts of the state. But all are focused on quality, and there now are enough of them that it's possible to plan a long weekend of touring and tasting.

We suggest dividing your trip into three segments: a three-stop tour of Camarillo, a three-stop tour of Oxnard, and a three-stop tour that takes in the Ojai and Heritage valleys. Be sure to call ahead for current operating hours, as some of the wineries are open only on weekends.

### DAY 1

Bella Victorian Vineyard is a small, family-owned winery that specializes in small quantities of estate-grown wines. Its tasting room is located in historic "Old Town" Camarillo, while its private Victorian estate and vineyard has become Camarillo's premier wedding venue.

Bella Victorian also is home to chef Gael Lecolley, a native of France who attended one of the top culinary schools in his native country. Intrigued by the United States,

# A Tasty Detour Between L.A. and Santa Barbara

Lecolley decided to bring his love of food, culinary artistry and European style to the U.S., working for such esteemed restaurants as BeauRivage, Saddle Peak Lodge and Remi.

Camarillo Custom Crush Winery shines the spotlight on three vineyards each week, and pours three wines from each vineyard for a \$7.50 tasting fee — which includes a winery glass.

Cantara Cellars specializes in producing wines made from grapes grown in the Lodi appellation in Northern California — both varietal wines and interesting blends. The wine lounge offers flights, wines by the glass and cheese plates.

### DAY 2

Herzog Wine Cellars in Oxnard is housed in a 77,000-square-foot building, where guests can take a self-guided tour during regular business hours. Guided tours also are offered, by appointment, for a \$4 fee.

The on-site Tierra Sur Restaurant is chef Todd Aarons' second incarnation of Mediterranean-influenced seasonal cuisine, this time utilizing California's local produce. Aarons is a veteran of Zuni Café in San Francisco and Savoy in Manhattan, and now has returned home to California and made Tierra Sur his new abode.

His cooking once again is rustic, unpretentious and ingredient-driven, with menu items such as pomegranate-marinated lamb, aged rib-eye steak and wild king salmon cooked outdoors over an open flame. A high point of the menu is the prix fixe wine tasters' meal, featuring wine pairings for each course.



Herzog also sells gourmet chocolates and artisan cigars.

Magnavino Cellars is the latest addition to the Ventura County winery scene. Its current portfolio contains six red wines and four whites. Viognier is perhaps the star of the lineup, as Magnavino makes both "regular" and "Reserve" bottlings.

Oxnard's third winery is the result of wine enthusiasts becoming home winemakers, and ultimately deciding to turn their hobby into a commercial enterprise.

In 1995, George Gilpatrick and Faye Hawes joined a local club called WINO (Wine Investigator Novices and Oenophiles), and after a few years of sampling wine and going on numerous wine-focused trips across California and around the world, they began making wine with a friend. With each passing year, they'd increase the quantity slightly and add a variety or two to the mix.

"In early 2005," Gilpatrick recalls, "Faye decided I needed a third job —

that my time wasn't being completely used all 24 hours of the day between my full-time day job and working our 40-acre avocado and lemon ranch. So, we made the decision to turn our passion for winemaking into a commercial endeavor. The agreement was: I'd make it, she'd sell it."

The couple had always referred to their avocado and lemon ranch as Rancho Ventavo, so they named their new winery Rancho Ventavo Cellars. The winery's tasting room is located in a 1902 Victorian home in downtown Oxnard's Heritage Square.

### DAY 3

Casa Barranca, located in the Ojai Valley, is the first winery in California's Central Coast region to attain certified organic status. It was converted from a century-old subterranean stone water cistern, which was excavated 15 feet down one side and cut through 2 feet of stone wall to gain access.

Old World traditions are combined with appropriate contemporary tools and techniques to handcraft Casa Barranca's wines. Organic, natural and sustainable practices are employed, and the ICO-certified organic vineyard consists of Syrah, Grenache, Semillon and Viognier — varieties that thrive in the hot,

Mediterranean-like climate of the Ojai Valley.

Old Creek Ranch Winery is part of a 22,000-acre Spanish land grant awarded to Don Fernando Tico, dating back to the early history of California. In the late 1800s, Antonio Riva of northern Italy purchased the ranch. He was a chef in Paris, London and later in San Francisco, and built a winery on the ranch.

Today, the original winery still stands, and is depicted in the estate's logo. In 1976, Mike and Carmel Maitland purchased the property with the intention of revitalizing the old ranch. A couple of years later, they were approached about starting a new winery on the property, and in 1981, the first vintage was introduced. Today, the Maitlands' daughter and son-in-law carry on the family business.

Giessinger Winery is located in the small town of Fillmore, still an agricultural hub of Ventura County and home to a popular tourist attraction on wheels: the Fillmore & Western Railway.

Giessinger sources grapes from Temecula to Lodi, and from Paso Robles to Santa Rosa. It also boasts a bistro featuring French gourmet sandwiches (try the Garlicky Parmesan Turkey).

# VINESSE

## Hot LIST

**1 Hot Napa Inn.** Staying at the Milliken Creek Inn & Spa, located along the Napa River, is like being transported to a bucolic scene in Provence. The gardens and lawns are meticulously tailored, the breakfast is sumptuous, and the spa treatments are revitalizing. It's a hidden gem with 12 lovely rooms.

[www.millikencreekinn.com](http://www.millikencreekinn.com)

**2 Hot Winery Architecture.** California wine country is home to dozens of uniquely designed wine estates. Among them: Quixote Winery, which is located in Napa's Stags Leap District. Designed by Viennese architect Friedensreich Hundertwasser, the front of the winery probably is best described as whimsical — nothing like you'd expect to encounter in an area when there is so much "serious" architecture to be seen.

[www.quixotewinery.com](http://www.quixotewinery.com)

**3 Hot L.A. Area Wine Bar.** East of the iconic Griffith Park, the city of Glendale, Calif., is becoming a cultural and culinary hub. Part of that scene is the Left Coast Wine Bar & Gallery, where one can dine and sip alfresco, or opt for the upstairs, indoor loft where singer/songwriters are scheduled on a regular basis. The wine list is well selected (most available by the bottle or glass), and wine flights also are featured daily.

[www.leftcoastwinebar.com](http://www.leftcoastwinebar.com)

## For Further Information

### Bella Victorian Vineyard

2135 Ventura Blvd., Camarillo, Calif.  
805-383-8800

### Camarillo Custom Crush Winery

300 S. Lewis Rd., Suite C, Camarillo, Calif.  
805-484-0597

### Cantara Cellars

126 N. Wood Rd. #104, Camarillo, Calif.  
805-484-9600

### Herzog Wine Cellars

3201 Camino Del Sol, Oxnard, Calif.  
805-983-1560

### Magnavino Cellars

961 N. Rice Ave., Suite 5, Oxnard, Calif.  
805-983-2500

### Rancho Ventavo Cellars

741 South A Street, Oxnard, Calif.  
805-483-8084

### Casa Barranca Organic Winery & Estate Retreat

208 E. Ojai Ave., Ojai, Calif.  
805-640-1255

### Old Creek Ranch Winery

10024 Old Creek Rd., Ventura, Calif.  
805-649-4132

### Giessinger Winery

365 Santa Clara St., Fillmore, Calif.  
805-524-5000



**Angular.** The overall impression given by many young, dry wines — which can be quite tart-edged. In wine-speak, the opposite of soft or round.

**Brix.** Measurement system used for determining the sugar level in winegrapes — particularly important at harvest time, when those levels are a key to determining ripeness.

**Carpentry.** A French term that refers to the structure of sparkling wines. It's based on the concept of "building" a cuvee from grapes grown in different parts of the Champagne region.

**Dumb.** A synonym for "closed in," referring to a wine that is still young and not yet showing its full spectrum of aromas and flavors.

**Elevage.** A French term that refers to a wine's development while it is aging in barrels.

## VINESSE STYLE

### AUTHENTIC ITALIAN DINING

*The European Union has established designations for food products that protect both the places of the food's origin and the makers of the food.*

Of course, all European countries benefit from these designations, but none more so than Italy, which has more products than any other registered as "PDO" or "PGI," explained here...



least one stage of production or processing of the product takes place within the designated area. In addition, the product has a certain reputation. PGI designates a native

**PDO (Protected Denomination of Origin)** — PDO identifies a product that is made, processed and produced in a specific geographic area that has been thoroughly surveyed. The PDO designation is applied to products from a particular region/country having features that are primarily or exclusively attributable to the geographic environment (including natural and human elements) and that are produced and processed within the defined area.

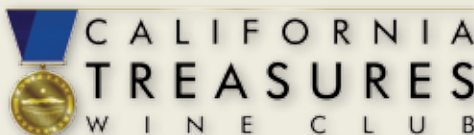
**PGI (Protected Geographic Indication)** — In this case, at

product of the region/country whose qualities, reputation and features can be attributed to its geographic origin, and whose production and/or processing take place within that area (at least one stage of production must take place within the designated area).

There are many products in supermarkets and even specialty stores that have Italian names, but no real tie to Italy. By purchasing products with the PDO or PGI designations, you're assured of authenticity — you'll be putting real Italian flavors on the table, and dining in style.

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## APPELLATION SHOWCASE

### *El Dorado County*



**C**alifornia's Gold Rush began in 1848 with James Marshall's discovery of gold at Sutter's Mill, on the south fork of the American River in Coloma. As legions of people flocked to California to claim their fortunes, the region's winemaking industry was born.

By 1870, El Dorado County was among the largest wine producers in the state, trailing only Los Angeles and Sonoma counties. The local wine industry flourished until just after the turn of the century. It then began a gradual decline, brought about by poor economic conditions and a diminishing local population. Prohibition was simply the last straw.

It wasn't until the late 1960s that winegrowing made a comeback. Following the development of several experimental vineyards, it became apparent that both the climate and soil of El Dorado County were ideally suited to the production of high-quality, dry table wines. With the opening of Boeger Winery in 1973, El Dorado was once again on its way to becoming an important winegrowing region.

Today, the county contains more than 2,000 acres of vines and is home to approximately 50 wineries.

Established in 1983, the El Dorado American Viticultural Area includes those portions of El Dorado County located between 1,200 and 3,500 feet in elevation, bounded on the north by the middle fork of the American River, and on the south by the south fork of the Cosumnes River. It is a

sub-appellation of the 2.6 million-acre Sierra Foothills AVA.

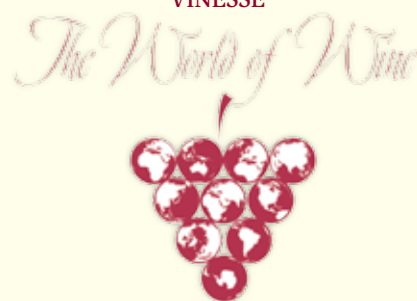
El Dorado's mountain vineyards receive cooling breezes off the Sierra Nevada, and the mountainous topography creates a diversity of microclimates and growing conditions not found in other areas.

These microclimates provide ideal locations for growing a wide variety of grapes. El Dorado grows approximately 50 different varieties, ranging from Gewurztraminer, which does best in the higher and cooler portions of the county, to Zinfandel and Barbera, which ripen perfectly in warmer sectors.

El Dorado is cooled by elevation rather than by the fog that is common to the coastal regions. This means the grapes receive more direct sunlight, thus ripening fully without retaining excess herbaceous characters or acidity that is out of balance with the fruit flavors.

There are three basic soil types in the region: fine-grained volcanic rock, decomposed granite and fine-grained shale. Varying in elevation and topography, each soil offers good drainage and the nutrients needed to encourage vines producing rich, deeply flavored grapes.

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**Q** We read *Wine Spectator* and a few other magazines, and notice that not all of them use the same rating system. Are some wine-rating systems better than others?

**A** “Better” is a subjective word — just as all wine-rating systems are. For the wine clubs of Vinesse, a 100-point system is utilized in conjunction with detailed descriptions of the wines. The point system is used primarily because it’s easy to understand, and the ratings published reflect the cumulative assessment of the Vinesse tasting panel. For more on rating systems, check out this recent posting on the Vinesse wine blog: <http://blog.vinesse.com/the-numbers-game#more>

“Compromises are for relationships, not wine.”

— Sir Robert Scott Caywood

**Family Friendly:** We recently spotlighted the Francis Ford Coppola estate in Sonoma County in our “Wineries of Distinction” feature, noting that it’s a wonderful wine country destination for families. But it is not alone in that regard. Another winery that welcomes children is Castello di Amorosa in the Napa Valley, where those 5 or older are welcome on the winery tour and the horse-drawn carriage rides. There’s also a Family Room on the property where the young ones can color, while in the company of at least one adult. And instead of the standard apple juice, the youngsters receive grape juice made from Muscat of Alexandria grapes.

# 456,916

Number of winegrape-bearing acres in California as of 2010, according to Wine Institute. An additional 19,462 acres were identified as non-bearing. Because the California Department of Food and Agriculture provides estimated totals based on a statistical sample, it states that total winegrape acreage in the state actually is closer to 535,000 acres.

**Health Beat:** Moderate consumption of alcohol may help stave off dementia and cognitive impairment, a study by Loyola’s Stritch School of Medicine has revealed. The school reviewed numerous studies dating back to 1977 and involving more than 365,000 participants. Some of those studies suggested that wine is more beneficial in this regard than hard liquor or beer. The key, as always, is moderation, as the study found that consuming three or more drinks per day on a regular basis could actually increase the risk of cognitive impairment.

**P**arducci Wine Cellars may be the oldest winery in California’s Mendocino County — founded in 1932 and bonded a year later — but it is at the forefront of environment-friendly practices. Of its 340 certified acres of vineyards, 160 are Biodynamic and organic, 40 are organic and in transition to Biodynamic, 60 are organic and utilize fish-friendly farming, and 80 already use FFF and are in transition to organic. The winery uses 100% green energy, supplementing its on-site solar installation with purchased wind power. Parducci also constructed an on-site wetlands and wildlife habitat, recycles 100% of its wine cellar waste water, and embraces earth-friendly packaging.



## FOOD & WINE PAIRINGS

# Inspired Pairings at Chicago's Acclaimed West Town Tavern

**H**oused in an 1880s building that retains its original tin ceiling, exposed brick walls and hardwood floors, West Town Tavern serves contemporary comfort food in a friendly, warm, intimate atmosphere.

The Chicago restaurant is owned by Susan and Drew Goss, who have been fixtures on the Windy City culinary scene since 1993 when they opened Zinfandel restaurant in the River North neighborhood. With a name like that, you know that wine played a big role in the restaurant's concept, and the same is true at West Town Tavern, which the Gosses opened in 2002.

In fact, virtually every item on the inspired menu includes a wine pairing suggestion. Special dishes complement the regular menu and they, too, are accompanied by wine suggestions.

We love to share the thoughts of successful, wine-focused restaurateurs, and here are a few pairings that West Town Tavern patrons have enjoyed in recent months...

- Pork Tenderloin with Corn Tamal, Chipotle Barbecue and Peach-Black Bean Relish. Wine suggestion: 2009 Alta Vins Domus Pensi White — an unusual blend of Garnacha and Chardonnay.

- Potato-Crusted Tilapia with Jasmine Rice Pilaf, Seasonal Vegetables and Herbed Mustard Cream. Wine suggestion: 2010 Mohua Sauvignon Blanc.

- Zinfandel-Braised Short Rib with Roasted Garlic Mashed Potatoes and Pennsylvania Dutch Black Vinegar Sauce. Wine suggestion: 2009 Villa San-Juliette Petite Sirah.

- Pan-Seared Diver Sea Scallops with Mushroom-Leek Risotto, Tarragon and Chives.

Wine suggestion: 2009 Larochette-Manciat White Burgundy (100 percent Chardonnay).

- Potato Gnocchi with Seasonal Vegetables, Fontina and Basil. Recommended wine: 2010 Le Cirque Rose (a blend of Grenache Noir, Syrah and Grenache Gris).

- Pappardelle Pasta with Turkey Meatballs, Roasted Tomatoes, Tarragon and Wild Mushrooms. Wine suggestion: 2009 Casa Castilla Monastrell (a.k.a. Mourvedre).

- Pan-Roasted Lake Huron Whitefish Fillet with Orzo, Olives, Roasted Beets, Oranges and Toasted Cumin Vinaigrette. Wine suggestion: 2009 Valley Vineyards "The Royal" Chenin Blanc.

- Crispy Slow-Cooked Moulard Duck Leg with Market Greens, New Potatoes, Michigan Cherries, Walnuts and Sherry-Mustard Vinaigrette. Wine suggestion: 2008 Friedrich Becker Pinot Noir.

- Owensboro-Style Smoked Lamb Shoulder BBQ with Double Corn Cake and Traditional Black Sauce. Wine suggestion: 2009 Terrazas Malbec.

- Pepper-Crusted Beef Tenderloin with White Truffle Tavern Fries and Zinfandel Reduction. Wine suggestion: 2005 SO Cabernet Sauvignon (we're not familiar with this wine, but the West Town wine list indicates it comes from California's Mendocino County).

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## CHICKEN AND SPINACH ENCHILADAS

These low-fat enchiladas pair nicely with Sauvignon Blanc, Zinfandel, or rosé-style wines. This recipe yields 6 servings.

### Ingredients

- 1/2-lb. boneless, skinless chicken breast tenders
- 5-oz. chopped frozen spinach, thawed and drained
- 1/4 cup green onions
- 8-oz. carton low fat sour cream
- 1/4 cup plain fat-free yogurt
- 2 tablespoons flour
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/2 cup skim milk
- 4-oz. can diced green chiles, drained
- 6 regular size (6- or 7-inch) flour tortillas
- 1/3 cup shredded reduced-fat cheddar cheese

### Garnish Ingredients

- 1 large tomato, diced
- 3 tablespoons chopped cilantro
- 2 additional green onions

### Preparation

1. Poach chicken in a large saucepan, in just enough water to cover. Bring to a boil, reduce heat and simmer for 10 to 15 minutes until no longer pink inside. Let cool.
2. When cool enough to touch, shred chicken.
3. Combine spinach with chicken and 1/4 cup green onion.
4. In a separate bowl, combine sour cream, yogurt, flour, cumin and salt. Gradually add milk and stir. Add green chiles.
5. Combine half of the sauce with the chicken/spinach mixture. Divide & place on the tortillas & roll up. Place tortillas seam side down in an ungreased baking dish.
6. Spoon remaining sauce over the tortillas.

7. Bake, uncovered, in a 350-degree oven for 20 to 25 minutes. Sprinkle with cheese. Let stand for a few minutes.
8. Garnish with fresh diced tomato, chopped cilantro and more sliced green onion.

## APRICOT-GLAZED PORK ROAST

This tasty dish pairs beautifully with Riesling, Gewurztraminer or Pinot Gris.

### Ingredients

- 1/2 cup apricot preserves
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 3/4 teaspoon garlic powder
- 1/2 teaspoon fresh ground black pepper
- 3-lb. boneless pork loin, trimmed
- Cooking spray

### Preparation

1. Preheat oven to 425 degrees.
2. Place the preserves in a small saucepan over medium-low heat, and cook 10 minutes or until melted. Keep warm over low heat.
3. Combine salt, oregano, garlic powder and pepper. Rub evenly over pork.
4. Place pork on a rack coated with cooking spray. Place rack in a shallow roasting pan.
5. Bake at 425 degrees for 30 minutes.
6. Brush 1/4 cup preserves evenly over pork. Bake an additional 10 minutes.
7. Brush remaining preserves evenly over pork. Bake an additional 10 minutes or until meat thermometer registers 155 degrees.
8. Let stand 10 minutes before slicing and serving.

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