

# Wine

## GUIDE



# Ancient Wines

Wine has been around for a long time. Some of the earliest wines found date to more than 7,000 years before the birth of Christ.

Some of the first wines were made from fruits in China. Wines from grapes date to about 4,000 years before Christ. Wines and viticulture spread with Greek and Roman culture and, eventually, to the new world.

## WHAT DID ANCIENT WINES TASTE LIKE?

According to a 2019 study in *Nature Plants*, the wine varieties we drink are basically the same genetically as the wines the ancient Romans drank. Researchers collected 28 grape seeds, about 2,500 years old, from nine ancient archaeological sites in France. All were genetically related to grapes grown today, and 16 of them were within one or two generations of modern varieties.

How it was made, though, was very different. In ancient Rome, after the grapes were harvested and stomped, the juice was put in terracotta pots lined with beeswax and buried. They were often left open to ferment before being sealed. According to David Suzuki with the CBC, the resulting wine was nearly unpalatable to today's drinkers. The Romans mixed it with seawater and/or sweetened it



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with honey. There was also an option to mix it with spices and herbs.

## WHERE DO WE FIND ANCIENT WINES?

Ancient wines are often found in archaeological sites, like shipwrecks. The University of Patras found a shipwreck in the Mediterranean that con-

tained around 6,000 amphorae of what may be wine that date to the first century B.C. So far, researchers haven't discovered if the amphorae contain vino, but it is one of the largest wrecks found in the Eastern Mediterranean. Wines are also common tomb goods. Red wine was found in the tomb of King Tutankhamen. In a study

published in *Analytical Chemistry* in 2004, researchers found tartaric acid, a compound with few sources other than grapes, along with malvidin-3-glucoside, the chemical that imparts color to red wine.

## WINE STORAGE

For any wine storage vessel, certain things must be true. It

must be airtight, strong and resealable. The first wine jars were made from earthenware, much like the amphorae found in those Mediterranean shipwrecks. Evidence also exists that wine was transported in goatskins, and, of course, barrels. Glass bottles didn't emerge until the 1600s in Portugal.

# Making a Toast

Sometimes, part of enjoying a great bottle of wine with friends is giving a great toast. Here's some advice for making your toast one they'll never forget.

## HISTORY

Toastmasters International (we think they'd know) says toasting was common among ancient Hebrews, Persians and Egyptians. The Romans also toasted, as did the Huns and Greeks. In the sixth century B.C., poison was a concern and toasting was a way to prove a drink was safe to drink. In Europe and England, the clinking of glasses accompanied the ritual, which may have been a way to mix the drinks and, again, lessen the danger of poisoning.

## ORIGINS OF THE WORD

According to the word-smiths at Merriam-Webster, toast comes from actual toast, like the browned bread. The shared term comes from the practice of immersing browned spiced bread in a drink after wishes of health or goodwill in honor or celebration of a person. The glasses are then clinked together and sipped or pounded, depending on the drinker. The reason to add toast to the drink was to make it more palatable by soaking up acid and any bitterness in the wine. The bread



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was then usually discarded.

## TOASTMASTERS

Toastmasters became popular as toasting became more popular. Toastmasters International says toastmasters presided over events. In Georgia, where wine has its roots, the tamada is a toast-

master who presides over the meal with skilled oratory. A proper Georgian toast, Wine Folly says, begins when a tamada proposes a toast and drinks his entire glass of wine. The next guest then proposes a toast and then drains his glass. Toasters hold their glasses up and drink after

each toast. However, it's considered disgraceful for the tamada to get drunk.

## KEEP IT SIMPLE

A toast is a gracious means of calling attention to shared gifts, the Emily Post Institute says. Start by filling your glass, then stand up, raise your glass

and hold a silence long enough to be noticed. Do not, the institute says, bang on your glassware or clear your throat repeatedly. Then, speak from the heart and keep it short. Also, keep eye contact with your audience and make it personal, but be gracious and not overly witty.



# Celebrity Wines

Winemaking is one of the latest celebrity trends. Singers, actors, sports stars and more are wading into the vineyard either by buying their own or partnering with an existing operation. Here are some celebrities raising a glass to their label's success.

## **JON BON JOVI**

The “Livin’ on a Prayer” singer and his son, Jesse Bongiovi, co-founded the brand Hampton Water. The popular rose is made of a blend of grenache, cinsault and mourverde grapes.

## **DWAYNE WADE**

The former NBA star partnered with Napa Valley wine-

maker Jayson Pahlmeyer in D Wade Cellars. The label features a cabernet sauvignon, a rose and a red blend.

## **DAVE MATTHEWS**

The singer paired up with Sean McKenzie in Dreaming Tree Wines in California. The winery, which is committed to sustainability, has donated more than \$1.5 million to envi-

ronmental organizations.

## **SARAH JESSICA PARKER**

Invivo X is the actress’s label. It’s won more than 200 medals in international wine competitions, including the world’s best sauvignon blanc.

## **JEFF GORDON**

Founded in 2004, the race car driver’s label draws from vineyards in Napa and Sonoma counties.

## **STING**

The singer runs il Palagio in Tuscany with his wife, Trudie. It’s a 17th-century estate that was sold in 1819 to the Countess Carlotta Barbolani of Montauto. Her family kept it

for 150 years until Sting and Trudie bought it in 1999.

## **DREW BLEDSOE**

The former NFL quarterback started Doubleback Winery in his native Washington. It gives to charities, including charities in children’s health and wellness, military fundraisers, disaster relief and cancer research.

## **CHRIS JERICHO**

The wrestling champion makes a sparkling wine called “A Little Bit of the Bubbly,” a collaboration with All Elite Wrestling and Nocking Point.

## **GEORGE LUCAS**

The “Star Wars” filmmaker

started his vineyard, Skywalker, 20 years ago in California.

## **ERNIE ELS**

The South African golfer started his winery in his native South Africa. It produces a full line of wines under the Big Easy, Ernie Els and Ernie Els Proprietor’s labels.

## **KYLE MACLACHLAN**

The actor’s Washington State winery is called Pursued by Bear. It produces reds and rose.

## **KURT RUSSELL**

The actor and his wife, Goldie Hawn, started Gogi Wines after taking bicycle trips through the wine regions of France, Italy and California.

# Where's your Bottle From?

We all know about California, but there are many U.S. states that make wine. Here's more about some less-common wine regions of the U.S.

## NEW YORK STATE

The Empire State is one of the oldest and largest wine-producing states in the U.S. The New York Wine & Grape Foundation says the industry generates more than \$13.8 billion for the state. The wine regions of New York include Long Island, the Hudson River, Finger Lakes and the Upper Hudson. Some New York varietals include rieslings, pinot noir, merlot, chardonnay and Delaware.

## VIRGINIA

America's oldest wine grape, the Norton, was born in Virginia. Wine made from the Norton was named the "best red wine of all nations" at the Vienna World's Fair in 1873 and won a gold medal at the Paris World's Fair of 1889, Virginia Wine says. The state is known for its Bordeaux-style red blends.

## TEXAS

The Lone Star State started growing vines in 1662. Today, it has more than 4,000 acres under production. Texas has almost 20 wine trails for oenophiles to visit, and the industry generates \$13.1 billion for



the state.

## PENNSYLVANIA

Pennsylvania has 14,000 acres of grape-growing land and more than 300 wineries in five designated viticultural areas. The state's wine industry claims its climate is more like Europe and produces an ideal terroir for French-

American grape hybrids.

## MISSOURI

Missouri Rhineland is one of the most famous wines from the Show-Me State. The state is home to the country's first designated viticultural area. The first wineries were established in Missouri in the 1850s.

## MICHIGAN

There are five wine trails that wind through the more than 3,000 acres under cultivation in Michigan. Most of those grow more than 30 varieties of wine grapes, both old world and new. The state's wine industry credits its success to the Great Lakes. Most of the wineries in Michigan are with-

in 25 miles of Lake Michigan.

## COLORADO

Colorado's vineyards are in the high-elevation river valleys and mesas. They are among some of the highest vineyards in the world, the Colorado wine industry says. The state has more than 150 licensed wineries.

# Cannabis-Infused Wines

THC and CBD are everywhere these days, and that includes your wine bottle.

As legalized marijuana spreads across the country, more and more vintners are adding it to their wines. Sommeliers and cannabis enthusiasts are realizing that marijuana pairs with food like fine wines and even pairs with wines and other beverages.

## KNOW WHAT'S LEGAL

Remember that marijuana is not legal everywhere yet. Check your local regulations before shopping, consuming or bringing cannabis-infused wines home. Also, check with your health care provider. Cannabis can interact with certain medications. Jamie Evans, a wine business graduate and cannabis/wine advocate who founded The Herb Somm, advises that to find what works for you, start with low doses and go slow.

## REBEL COAST

Legally, this California winery is not allowed to mix alcohol and THC, or delta-9-tetrahydrocannabinol, the active ingredient in marijuana. So they ferment Sonoma grapes, then remove the alcohol (and the calories) and replace it with fast-acting THC. There are 40mg of THC in each bottle of Rebel Coast.

## CANNAWINE

Cannabidiol is a non-active

ingredient in marijuana that some people say relieves anxiety, movement disorders and pain. Cannawine combines cannabinoids with Spanish wine made from garnacha and carinana grapes. Unlike Rebel Coast, Cannawine can combine alcohol with their cannabinoids, because it's the non-psychoactive part of the plant.

## HOUSE OF SAKA

House of Saka is focused on a female demographic with pink and sparkling pink wines emulsified with CBD and THC on a microscopic level. The company says this technology allows for immediate absorption of the psychoactive ingredients. Like Rebel Coast, House of Saka is also alcohol-free.

## CANNAVINES

These cannabis-infused muscadine wines from the Napa Valley are spiked with CBD derived from cannabis sativa. It makes three wines: a red blend, a chardonnay and a rose. Cannavines says its product reduces hangover symptoms and decreases anxiety.

## OTHER PAIRINGS

Wine and cannabis go together in more ways than just in the bottle. In a Wine Enthusiast article, more and more chefs and connoisseurs talk about pairing marijuana strains with food, as with wine, and pairing them with wines. Again, refer to local regulations on marijuana and alcohol consumption.



# U.S. Wine Festivals

There are great wine festivals all across the country, and hitting the road with a wine destination in mind is a great way to spend a vacation.

Here's a list of 2020 wine festivals around the country that you might want to attend. If none of these float your boat, hit your local travel agent for a custom trip.

## WEST

**Willcox Wine Spring Festival, May 15-17, 2020, Willcox, Arizona:**

There are 15 of Arizona's best wineries along with other vendors, including arts and entertainment. Part of the festival raises money for the Northern Cochise Community Hospital. It's rated as one of the top 10 wine festivals in North America by Fodor's Travel.

**Denver International Wine Festival, Nov. 11-12, 2020, Westminster, Colorado:**

This four-day festival includes a food and wine pairing competition with Colorado chefs, a taste of 400 wines, seminars and wine tours.

**Savor Idaho, June 14, 2020, Boise, Idaho:**

Held at the Idaho Botanical Garden, this event features Idaho food and wine in one experience.

## SOUTH

**Art of Wine, June 11-12, 2020, Fayetteville, Arkansas:** A fundraiser for the Walton Arts



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Center, this festival includes fine wines and local cuisine.

**New Orleans Wine & Food Experience, March 18-22, 2020, New Orleans:** This giant festival features more than 1,000 wines from around the world and raises money for local nonprofits.

## EAST

**Wine in the Woods, May 16-17, 2020, Columbia, Maryland:**

This festival features more than 25 wineries, artisans and musicians.

**Nantucket Wine & Food Festival, May 13-17, 2020, Nantucket, Massachusetts:**

This island festival raises money for charity.

## MIDWEST

**Story Inn Indiana Wine Fair, May 2, 2020, Story, Indiana:**

There will be a judging of 200 wines, with a bonus award for an Indiana-grown wine.

**Toast Nebraska, May 15-16, 2020, Omaha:**

The festival features more than 100 Nebraska wines along with artisans, live music, food and yard games.

**Ice Wine Festival, March 7, 14, and 21, 2020, Ohio:** This festival is held at vineyards around northeast Ohio.

# Embracing the Big Chill

Ice wine is a type of dessert wine produced from grapes that froze solid while still on the vine. While the water in the grape freezes, the sugars and other dissolved solids do not, resulting in a concentrated juice and a very sweet wine.

Canada and Germany are the world's largest producers of ice wine, which, in many countries, must freeze naturally in order to be called ice wine. Keep reading for more about this exceptional wine.

## HISTORY

Ice wine is believed to have originated in Germany in the late 1700s when freezing weather struck Germany before a grape crop could be harvested. In German, ice wine is called eiswein.

## PROCESSING

Ice wine is made from frozen grapes, of course, and those grapes are also picked and processed frozen, which means ice wine production needs a large labor force available at a moment's notice on the first cold day. That's one reason why ice wines are more rare and usually more expensive.

Ice wines are aged, usually up to 10 years, and fermented slowly. The longer it ages, the



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less acidic it becomes. The experts at Wine Folly say a well-aged ice wine should be a syrupy, rich wine that's a deep bronze color. Look for flavors of molasses, maple and hazelnut.

## VARIETIES AND PAIRINGS

Of course, grapes that grow

well in cold climates work best for ice wine. These include cabernet franc, merlot, riesling, chenin blanc and vidal blanc.

Because this wine is so sweet, pair it with fatty, subtle desserts. Try cheesecake, ice cream, custards, panna cotta or white chocolate mousse. If you're serving a savory dish,

look toward salty hors d'oeuvres, oysters, strong cheeses and rich, high-fat dishes like foie gras. The extreme sweetness also goes well with spicy cuisine. Think spicy Asian or Cajun dishes.

## SERVING

Pour ice wines at 45-55

degrees in a white wine or dessert glass. There's also the tulip-shaped ice wine glass. For enhanced flavors, chill the glasses before pouring.

The wine shouldn't be decanted, Wine Folly says. It's typically served in a two-ounce pour, which is half the typical wine pour.



# WINE TASTING GUIDE



## Dessert Wine

120-160  
CALORIES

Alcohol by Volume  
9-14%



Non-Vintage  
ICE COLD  
45F / 6C  
  
Vintage  
COLD  
48F / 9C



Lasts Open  
2 DAYS



## White Wine

110-170  
CALORIES

Alcohol by Volume  
9-14%



Unoaked  
ICE COLD  
45F / 6C  
  
Oaked  
COLD  
54F / 12C



Lasts Open  
1 WEEK



## Standard Wine

110-170  
CALORIES

Alcohol by Volume  
9-14%



COLD  
48F / 9C



Lasts Open  
1 WEEK



## Light Red Wine

120-180  
CALORIES

Alcohol by Volume  
10-15%



COOL  
54F / 12C



Lasts Open  
2 DAYS



## Bold Red Wine

150-200  
CALORIES

Alcohol by Volume  
12-17%



CELLAR TEMP.  
62F / 17C



Lasts Open  
4 DAYS



## Dessert Wine

190-290  
CALORIES

Alcohol by Volume  
14-20%

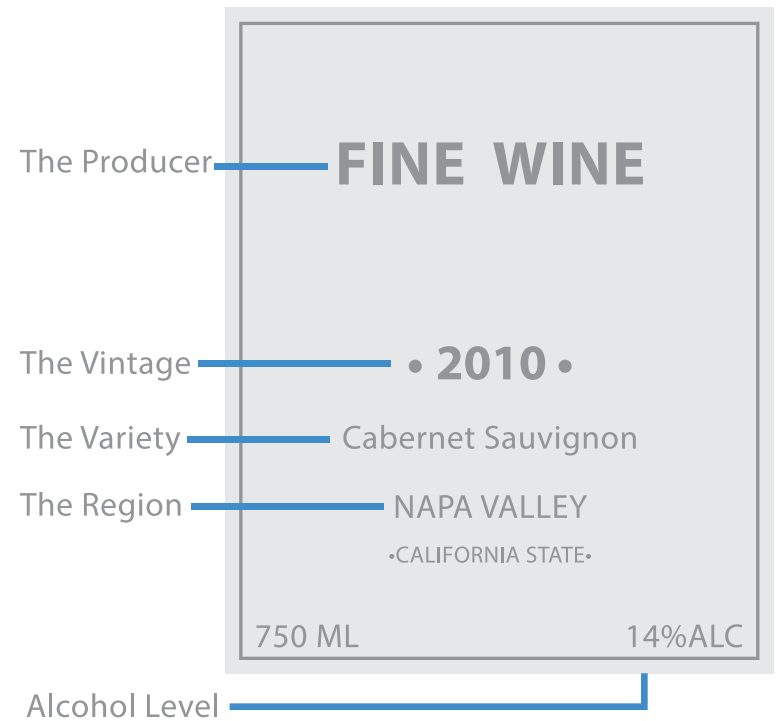


COOL ROOM  
68F / 20C



Lasts Open  
1 MONTH

## Understanding a Wine Label



## Aromas & Flavors

### (WHITE) Fruit

- Apple
- Lime
- Apricot

### Flower/Herb

- Rose
- Thyme
- Ginger

### Other/Oak

- Honey
- Almond
- Mushroom

### (RED) Fruit

- Cranberry
- Cherry
- Plum

### Flower/Herb

- Rose
- Rosemary
- Mint

### Other/Oak

- Smoke
- Clover
- Coffee

