



Merry Monks

Wine Club of Cantiga Wineworks



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Spring Wines & Eating Seasonally

May 1, 2015

WC 2015-Q2

Dear Wine Club Members,

With the impending arrival of warm weather, it is particularly timely that the new vintage of two of our warmer weather wines are waking up and showing readiness for release. We are pleased to pre-release, exclusively for our wine club, our 2012 Estate Semillon and our 2012 Estate Grenache. Both are drinkable now but will continue to develop in the coming months, so we encourage you to lay them down for a few weeks to a month (especially if we ship to you).

And, in honor of our recent Herbert Vineyard Zinfandel “Library Tasting,” we have decided to pull out the 2006 & 2007 Library vintages of this well-loved wine for this shipment as well. Because of the limited quantities, our entire club will receive the 2007, but the Professional Wine (6-bottle) and Ambassador of Oenos (12-bottle) club levels will also receive the 2006. A limited amount of 2006 is available for those in our Cellar Groupie club who would like to add a bottle to their shipment. We can also spare a very limited amount of the 2003, 2004 & 2005 vintages tasted at our last event, for those who were unable to attend. This also opens up the opportunity for a five-vintage series!

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For this shipment, we would like to focus on seasonal eating as it relates to wine. There has been a lot of attention lately surrounding the idea that we should be eating seasonally from locally grown foods. Health studies show that local, seasonal fruits and vegetables have higher levels of nutrients than mass farmed foods geared toward transporting across distances. This makes sense, since foods grown locally and in their proper season can be picked riper. In addition, eating seasonally gives our bodies the types of nutrients we need, when we need it. There is also a sustainability advantage to local foods; they are more likely to come from smaller farms dedicated to serving their own communities, and these are more likely to rotate crops and use earth friendly methods. And from an environmental standpoint, supporting local farms helps minimize our carbon footprint, reducing fuel consumption and pollution.

Those of us who love food and wine can add to this list. Locally grown produce picked ripe tastes better. The same can be said for meat raised on small farms and fed a wholesome diet. And another benefit is that seasonal variety adds spice to our culinary lives. With the availability of most foods year round, it is easy to get caught in ruts with our eating habits. Eating seasonally can break us out of those ruts by allowing the seasonal foods to inspire our menus.

So here we are in our favorite season, spring. What bounty does springtime yield? Delicate spring greens of all descriptions—lettuces, arugula, bok choy, chard, kale and cabbage. Then we have beets, radishes, various sprouts, snow peas, asparagus, artichokes, strawberries, raspberries, blueberries, fresh herbs, and before long the first young zucchini and crookneck squash. Here are a few ideas to try with the wines in your shipment. We don't doubt that you have some wonderful ideas of your own!

ESTATE WINERY & TASTING ROOM: 5980 Meyers Lane, Somerset, CA 95684

www.cantigawine.com

2012 Semillon, Estate Vineyard

Harvest Brix: 24.5 pH: 3.66 TA: 5.3 Alc: 14.5% ML: 0% RS: Dry
Cases produced: 140 Barrel age: Half 2 years in neutral French oak, half in stainless

This crisp, dry white wine from our Estate vineyard is medium-bodied, with apricot fruit characteristics. We have found it to be a staple for spring menus. It lends itself so well to the lighter fare we gravitate toward as the weather warms—such as fresh fish and seafood accompanied by abundant salads.

This wine lends itself so well to Asian-inspired cooking. Consider having it with a Chinese chicken salad, an Asian cole slaw, or perhaps Thai curried shrimp on crunchy greens. One of our favorites is pepper crusted, seared Ahi tuna (sushi grade and pink in the middle), sliced onto a salad of fresh baby greens, sugar snap peas, avocado, sunflower seeds and grilled asparagus (basted in olive oil and lemon juice). Or you can simply enjoy a whole artichoke, steamed or grilled, with a curry mayonnaise.

2012 Grenache, Estate Vineyard

Harvest Brix: 28.6 pH: 3.93 TA: 4.6 Alc: 15.0% ML: 0% RS: Dry
Cases produced: 213 Barrel age: 2 years, mostly neutral European oak

Our Grenache is a light, dry, Rhone-style red wine with abundant strawberry fruit. It is such a fun wine because it is so different from anything else we do. Whereas our bolder, more tannic wines lend themselves so well to fall and winter dining, the Grenache is wonderful with lighter, spring and summer menus. Think tapas—small portions—and enjoy this wine with plates of thinly sliced, dry-cured Spanish chorizo and Manchego cheese, or crisp roasted potato wedges dipped in Romesco sauce. Mexican flavors work great with this wine too, so how about some fish tacos topped with fresh pico de gallo? You can serve it with grilled meats seasoned with smoked paprika. And on your fresh, seasonal salads, consider slicing fresh strawberries and drizzling a little balsamic.

2007 Zinfandel, Herbert Vineyard

Harvest Brix: 25.5 pH: 3.40 TA: 8.0 Alc: 15.4% ML: 0% RS: Dry
Cases produced: 242 Barrel age: 3 years, mostly neutral European oak

2006 Zinfandel, Herbert Vineyard

Harvest Brix: 25.8 pH: 3.60 TA: 5.3 Alc: 15.9% ML: 0% RS: Dry
Cases produced: 154 Barrel age: 3 years, mostly neutral European oak

Made in our signature classical style, this vibrant wine has abundant raspberry and pomegranate fruit, and hints of anise and clove. It is balanced, elegant and exceedingly versatile with food. This wine is a springtime essential, as it shines with BBQ. For lighter plates, consider prosciutto and well-aged Italian cheeses, bowls of olives, and Italian summer squash, sliced then grilled with olive oil, salt and pepper. Spice up your salads with fresh herbs, olives, and radishes. If you enjoyed the mini Mediterranean pizzas we served at our last Library Tasting, you can make your own with Greek-style pita or thick flour tortillas. Baste with a sundried tomato pesto, then add Italian dry-cured meats, grilled zucchini, halved Kalamata olives and crumbled Feta cheese. These can be baked on a cookie sheet in your BBQ (low for 5 minutes or less). Just be sure the flame isn't too high or the bottoms can burn.

Enjoy with our best wishes. Happy Spring!

Sincerely,

Rich & Christine Rorden

Do you have a favorite springtime meal or wine pairing suggestion? Share it on our [Facebook page](#)!