



**Volume 14, No.20** (published by the Wine Gallery, Bozeman, MT) **May 9, 2018**

### **What's new in the Grapevine this week?**

- **Extraordinary Wine Tasting May 16<sup>th</sup>**
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- **Red Wine and gut health**
- **Mother's Day is Sunday**

### **Annual Extraordinary Wine Tasting, May 16<sup>th</sup>—**

Next week (**May 16<sup>th</sup>**), the Wine Gallery will present our annual **Extraordinary Wine Tasting** on the mezzanine of the Baxter Hotel. Winemakers, executives and winery owners will be on hand at **6:30 PM** to give up close and personal information on over 50 wines. Bring your notepad and pencil, there will be plenty of great wines at great prices to stock you cellar for summer. Chef Eric Stenberg will cater the evening, so look forward to great morsels to accompany the great wines. The cost for tickets is a mere **\$49**. You may reserve seats by calling us at 586-8828 or by e-mail at [bozemanwinegallery@gmail.com](mailto:bozemanwinegallery@gmail.com)

### **The Pinot Family**

Have you ever wondered why we have so many grapes that start with the word "Pinot"? There are Pinot Noir, Pinot Grigio, Pinot Gris, Pinot Blanc, Pinot Bianco, and Pinot Meunier. They are all one big happy family.

The word "pinot" refers to the pine cone shaped bunches of grapes that characterize this family. Because of the genetic plasticity of Pinot grapes, it wouldn't be far-fetched to say they are all the same grape with different expressions. (Think of the great variety of dogs, rabbits and roses and how they are the same species and you have a good outline of that thought.)

Pinot Noir is the granddaddy of them all. Pinot Noir or Black Pinot is grown extensively in cool climates of Champagne, Burgundy, New Zealand, California and Oregon. In Austria it is known as Blauburgunder (Blue Burgundy)

and in Germany, it is known as Spatburgunder. It is in Burgundy, however, where Pinot Noir is legendary. Super expensive and limited in production, Burgundy is at its earthy best in its expression of the Pinot Noir grape.

In Champagne, Pinot Noir is one of three grapes used to make the famous French bubbly. Unlike Burgundy where small bunches and small grapes make beautiful garnet colored wines, Champagne growers strive for large bunches and large grapes. When making Champagne, color is not as important so the larger grapes give a bigger ratio of juice to skin and the pale color of the sparkling wine is easier to achieve. In Champagne, Pinot Noir is valued for its acidity thus the grapes are harvested earlier than in Burgundy.

As noted, Pinot Noir is noted for its genetic instability. Not only is Pinot Noir difficult to grow and vinify, it sometimes varies from vine to vine in its expression of the genetic code. Hundreds of clones of Pinot Noir are in place in all the geographic areas where Pinot Noir is grown. Oregon clones and Carneros clones differ from Santa Rita Hill clones and there is a constant trial of new clones each year in each location.

Pinot Meunier is one of the genetic variants of Pinot Noir. This medium bodied red grape vine is characterized by a powdery dusting on the backside of the leaves. This dusting is much like flour and hence its French name “Miller’s Pinot”. Pinot Meunier is used in Champagne to give some fruit flavor to a wine that can be quite austere. While Pinot Meunier shares some of Pinot Noir’s earthy character, it is lighter and fruitier and makes an interesting and amicable companion to beef stew.

The other variants of Pinot Noir are the white grapes Pinot Gris and Pinot Blanc. In Italy they are known as Pinot Grigio and Pinot Bianco respectively.

It is almost impossible to make a generalization about Pinot Gris. The grapes themselves can vary from bluish-silver to lavender to a grayish-yellow. In Alsace, Pinot Gris is expressed as an opulent and spicy white wine. In Germany, Pinot Gris is broad and fleshy, without the crisp edge. In Italy, Pinot Grigio is most often made in a simple, light, crisp style. A few Italian producers can make bigger, more intense and dramatic wines that almost defy the logic that they are made from the same grapes as the typical Pinot Grigio.

In Oregon, Pinot Gris is marked with pear and honeysuckle flavors gently spiced like the Alsatian wines. The Californians catch a bit of peppery spice and almost always label theirs Pinot Grigio because it tends to be the crisp, fresh style of the Italians.

Pinot Blanc is less often encountered than Pinot Gris but it can be a delightful summer wine. It is light with citrus and peach overtones and a lovely crisp edge. Look for Oregon and Alsatian producers.

## **Drink red wine if you have the guts**

Maybe bacteria aren't so bad. Research has increasingly found that the trillions of microbes that live in our intestines, collectively known as the gut microbiome, contribute largely to our health and well-being. And in good news for wine lovers, a new study finds that drinking red wine helps keep this community of bacteria healthy and diverse.

The gut microbiome aids in everything from digesting and metabolizing food to moderating our mood to regulating our immune systems. Its efficacy in carrying out these tasks, however, depends largely on its composition and diversity. Intestines with a diversified range of bacteria are better equipped to produce a variety of vitamins, enzymes and other compounds that positively affect our physiology.

Our personal microbiome diversity depends on many factors, including genetics and environment, exposure to disease, drug-use, smoking habits, diet and more. To better understand microbiome health, researchers from the Netherlands' University of Groningen took a closer look at the relationship between these factors and the prevalence of beneficial and diverse bacteria in our guts.

"Gut microbiome is linked to many human diseases, such as inflammatory diseases of the gut, obesity and metabolic syndrome, immune-mediated diseases and others," the study's lead author, Alexandra Zhernakova, told *Wine Spectator*.

Zhernakova and her team hoped that by studying the microbiomes of healthy subjects, they can draw links between the microbiome and certain diseases and learn how to manipulate the microbiome to help people with those afflictions. Their findings were published in the journal *Science*.

The researchers collected fecal samples from 1,135 healthy Dutch participants in the larger LifeLines-DEEP study and tested the samples for various bacteria, proteins and other compounds. They compared their findings with over 200 previously recorded factors about the participants that could potentially affect a person's microbial community, such as smoking habits, antibiotic use, incidence of irritable bowel syndrome, typical diet and more. They found that 126 of these factors directly influence microbiome composition and diversity.

Of the dietary factors, the researchers found strong correlations between a healthy gut and certain foods and drinks. "Fruits, vegetables, coffee, yogurt, buttermilk and red wine were correlated with increased diversity," said Zhernakova. "Whereas soda drinks and high amounts of carbohydrates were correlated with lower diversity." Full-fat milk drinkers also saw lower levels of biotic diversity.

Red wine showed a significant correlation with diversified intestinal bacteria whereas white and rosé did not. Because coffee and tea also showed increased microbiotic effects, the researchers believe that polyphenols, which are found in red wines, tea, coffee, cacao and other foods, may be responsible for the association.

Zhernakova and her colleagues' discoveries are the first steps in decoding the relationship between diet and gut microbacteria. "We hope the public will get a better understanding of foods that increase your diversity versus those that lower it," she said. "A less diverse [gut microbiome], in general, is less beneficial." So for now, keep drinking your red wine and coffee. Your gut will thank you. *(Edited from Wine Spectator)*

## **Mother's Day is Sunday**

Mother's Day is the day we honor the women who carried us, nurtured us, fed us, taught us, used their own spit to wet the hanky that got that last smudge of smutz off our face, held our heads when we were sick and loved us just the same. Mother's Day brunch is a great occasion for sparkling wine or mimosas and you can find some great sparklers here at the Wine Gallery. From \$12 Italian Moscato to extravagant French Champagne, we have the bubbles for the celebration.

You don't have to rely on just sending the traditional flowers. A Wine Gallery gift basket will really put the wow factor on your gift. If you are looking for gadgets or other gifts, check out the picnic section. We have several picnic sets that include glasses, plates, silverware, cheeseboards, and corkscrews. They range in complexity from a purse size set to a full set of dinnerware and glassware for four people.

If you just can't decide, just give her a Wine Gallery Gift Certificate. That way Mom can pick out the wines that she loves best and you get all the glory.

Last but not least, if you are giving Mom the day off from kitchen duty, we have a full array of great wines to accompany the culinary delights you'll prepare. It looks like Sunday might be a great day for grilling so come on by the Wine Gallery and find a great wine to go with the chef's entrée.