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What's new in the Grapevine this week?

- **Three upcoming Wine Gallery events**
- **Live longer and easier with Red Wine**
- **Healthy way to enjoy bacon**

Fall cider and wine tasting October 18

One of the new trends in the beverage industry is cider. When I was a kid, grocery stores had both filtered apple juice and apple cider (unfiltered apple juice). Hard cider was something we read about in history books. But in other parts of the world “cider” refers to “hard” cider-- the alcohol containing version. Hard cider is as dry and bubbly as champagne and as refreshing as beer. When I have travelled in England and Ireland, it is quite popular. Another sign that we live in smaller world, in the USA cider has quadrupled its market share in just the last 5 years. That certainly piqued my interest. If you are curious about the different styles and offerings in cider we have a time and place for you to learn more about it

First a little history: Cider has been around since about 55 B.C., when Romans conquered continental Europe and planted orchards in place of native crab apples. The substitution was mostly for the production of hard cider. Cider also has history in northern France, where apples fared better during the cooler Dark Ages and cider became an alternative to wine. In the New World, barley and other beer grains were trickier to cultivate in New England soil, so hard cider was the drink of choice for most English settlers in the Northeast. By the mid-18th century, the average Massachusetts resident consumed 35 gallons of cider every year. Cider is most often compared to beer because it's slightly bubbly and contains less alcohol by volume than its fellow fruit-fermented drink, wine. This is because even the sweetest apples contain much less sugar than grapes. On average, hard cider contains 4 to 6 percent alcohol. During crisp fall months,

cider is arguable the best cocktail mixer you can use to whip up mimosas and other autumnal brews.

Some of the new found popularity is cider's reputation as artisanal, farm-to-table, its embodiment of terroir, as well as a small batch heirloom production. Cider has found traction with beer and wine drinkers, locavore enthusiasts, urbane hipsters – and the gluten-free crowd. So yes, essentially everyone. So, do you still want to learn more about cider?

If you are a cider aficionado or just curious about cider, we are sponsoring a Fall tasting at the Food Studio that will feature ciders and wines suitable for Autumn. We are planning on at least 10 ciders and some yummy Fall charcuterie and cheese selections. Mark your calendar for 6 PM, October 18th. Tickets go on sale today for \$39. To reserve your spots, call us at 586-8828 or send an e-mail to bozemanwinegallery@gmail.com.

Grand Wine Tasting

Every November the Wine Gallery presents the **Grand Tasting**. It is a great way to find wonderful, affordable wines that you try before you buy. We plan to have over 60 wines priced from \$12 to \$20 and all rated 90 points or above. These are all wonderful and affordable wines for you to sample.

We plan a **7 PM start at the Hilton Garden Inn** and our chef has put together a stunning array of heavy hors d'oeuvres to pair with the night's wine selections. Once again, the opportunity to try wines with different food combinations is what sets this event apart.

The Holiday season is looming and what with parties, dinners, customer gifts and just re-stocking the cellar, this is the best wine event for savvy shoppers. You can even have a chance to try out that new cocktail dress—we welcome the folks who class up our evening by dressing up.

Get your spouse, your friends, your neighbors or your business associates together for this fantastic evening. **Tickets are just \$69** and include wine, food, parking and gratuity. I don't know where you could go in Bozeman to find a deal like this! Call us at 586-8828 or send an e-mail to bozemanwinegallery@gmail.com to get your tickets.

Madison Valley Ranch plans wine dinners

After having experienced the beauty and hospitality of the Madison Valley Ranch over Easter weekend, I was delighted to be presented a chance to offer two more wine dinners at this gorgeous venue on November 9th and November

10th. The Madison Valley Ranch sold out every seat for our last dinner and they would love to have another congenial group come by for a great evening in November.

The Madison Valley Ranch is located across the Madison River from Ennis in Jeffers, Montana. This beautiful setting won the **Lodge of the Year** from Orvis in 2015 and I can see why. There is a pond and a creek where you can practice your fly casting and it is a short walk through the Channels to the Madison if you prefer to river fish. At dusk we watched ring neck pheasants, sand hill cranes and osprey fly by serenaded by meadowlarks. In the adjacent field a moose family made daily appearances last summer and we were lucky enough to see a herd of deer foraging as we ate.

Our dinner was prepared by Chef Matt Pease who stoked his creative energies to bring out dishes made with a variety of locally sourced victuals including smoked trout, Wagyu beef, spring lamb as well as beets, parsnips and cheeses. I came up with some delicious wines to pair and I would say, in all false modesty, it was one of the best dining experiences in Madison County.

Jeanie and I as well as some other folks from Bozeman employed a strategy of staying at the lodge overnight instead travelling back in the dark. Believe me, the accommodations are first rate. The good news is the Madison Valley Ranch has a special deal for those who stay over (just mention the Wine Gallery dinner). It really can't be beat for a fun night away from the city. As a bonus, in the morning, we were served a delicious breakfast with some of the best coffee I've had in years.

If you just want a ticket for dinner, it is \$89 including everything. Call us for the wine dinner only option at 586-8828 and we will get you a seat. If you wish to book the dinner **and** lodging package, I would suggest a call to the Madison Valley ranch directly at 800-891-6158. Call soon, the last event sold out quickly.

Live longer and easier with red wine

(From Wine Spectator comes more good news.)

A study of the diets of 68,273 Swedish men and women has found that following an anti-inflammatory diet can lead to a longer life. Among the items considered part of this life-lengthening menu? Fruits, vegetables, low-fat cheeses, olive oil, tea, coffee, chocolate and moderate amounts of both beer and red wine. The study, published this month in the *Journal of Internal Medicine*, followed participants ages 45 to 83 for a period of 16 years, and used an index of anti-

inflammatory foods to rank participants based on what they consumed—the higher the score, the more anti-inflammatory the diet. The researchers found that participants who most closely followed an anti-inflammatory diet had an 18 percent lower risk of death from all causes, a 20 percent lower risk of cardiovascular-related death, and a 13 percent lower risk of cancer-related death, when compared with those who scored lowest on the anti-inflammatory index.

What's more, even those who only somewhat followed the diet might enjoy longer lives. "Our dose-response analysis showed that even partial adherence to the anti-inflammatory diet may provide a health benefit," lead author Joanna Kaluza, an associate professor at Poland's Warsaw University of Life Sciences, said in a press release.

Wine, specifically red wine, and its compounds, such as resveratrol and quercetin, are often studied for the ways that their anti-inflammatory properties can provide protection against a wide variety of inflammation-linked ailments, including depression, respiratory problems and heart disease.

Healthy way to enjoy bacon

To get a good dose of peppered bacon without the pork fat, try this: De-seed and cut two yellow, two red, and two green peppers into quarters. Grease a broiler safe baking pan with 2 Tablespoons of Pepper Bacon Extra Virgin Olive Oil. (***We have it at the Wine Gallery***). Broil the peppers on the top rack of your oven at about 4" from the heat for 2-3 minutes on a side until slightly charred.

While the peppers are roasting, mix 4 ounces of cream cheese, 1/2 cup shredded cheddar, one cup of blue cheese crumbles and 2 thinly sliced green onions with 2 more Tablespoons of Pepper Bacon Extra Virgin Olive oil until evenly blended. Remove the peppers from the oven and evenly distribute the cheese mixture on top of the pepper slices. Return to the broiler for 2-3 more minutes or until the cheese is melted. Stand back your guests will love them!!

