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What's new in the Grapevine this week?

- **Winners of the 12 Days Raffle**
- **Winners of the Bozeman's Choice awards**
- **How to make sulfite free wine at home**
- **Madison Valley Ranch Wine Valentine Dinner**
- **Resolution for 2019**

Winners of the 12 Days of Christmas Raffle

The drawing is complete for our 12 Days of Christmas contest and we have the winners of the raffle prizes. The real winner is the Food Bank. They will receive a check for \$370 and 41 pounds of shelf stable food.

The prizes were selected by random drawing and the prizes were awarded to the following:

Michael Hillenius	Wine Rebel's Manual
Jackie Riley	Argyle Knudsen Sparkling Wine
Mary Spaulding	Food & Wine Recipe Book
Ron Hoseth	Bordeaux Decanter
Ed Abbott	Wine Miniatures
Linda Curtis	Scharffenberger Sparkling Wine
Sarah Clark	Wine Map of California
Pam Burrows	Picnic back pack
Denbigh Starkey	Stemware Rack
Kelsea Jacobs	Wine Bible
Lynn Foss	Wine Map of Italy
Andrew Bush	Copinet Marie Etienne Champagne

Winners can come by the Wine Gallery to collect their prizes during normal business hours.

Winners of the Bozeman's Choice Awards

Last October, Bozeman Magazine ran their annual Bozeman's Choice Awards. Using an on line poll, consumers were invited to express their preferences in hundreds of categories in all things Bozeman.

The Wine Gallery is proud to have received the **Bozeman's Choice for Best Wine Retailer** for the 4th year in a row. We also received **Bozeman's Choice for Best Wine Selection** even though we were a bit out of our lane since everything else in this category was for restaurants or bars. The Wine Gallery even got third place in the liquor store category even though we are not allowed to carry liquor.

In any case, our pride is outdone by the gratitude we have for the people who took time and expended the effort to vote for the Wine Gallery. We will try even harder this year to earn another Bozeman's Choice Award,

How to make sulfite free wine at home

Not a week goes by that a customer doesn't come in asking for "sulfite-free" wine. Even though I have had hundreds of people tell me they are allergic to sulfites in wine, I have met just two people in ten years who actually have the sulfite sensitivity.

First of all, there are 10 times more sulfites in McDonald's French Fries and 20 times more sulfites in a dried apricot than there are in wine. If you have lived through both of those, you darn sure aren't sensitive to sulfites. Bottled lemon juice and most jams and jellies have more sulfites than wine. But I digress... What can you do if you like wine but you don't want sulfites?

Even though the wines at the Wine Gallery average 99.992% sulfite free, we do have a hack that will rid wine of the last .008% free sulfur dioxide. Simply take an eye dropper and add one drop of 3% hydrogen peroxide to the open wine bottle. That small amount of hydrogen peroxide binds with the free sulfur dioxide in the wine. Do not use more than a drop, however. There is way less than a drop of sulfite in the bottle of wine and after the free sulfur dioxide has been bound up, any excess hydrogen peroxide will nonspecifically target the aromatic compounds in the wine and flavor will be altered.

Madison Valley Ranch plans wine dinner

Christmas is over and the New Year has been rung in and we are already looking forward to Valentine's Day. After having experienced the beauty and hospitality of the Madison Valley Ranch over a November weekend, I was delighted to be presented a chance to offer another wine dinner at this gorgeous venue on February 9th. 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 romantic evening just a few days before Valentine's Day.

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 will be 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, local duck 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 will be 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.

Resolutions for Good Health in 2019

Need a good New Year's resolution for good health? This one is easy, enjoyable and proven to be true: Drink a glass or two (4-6 oz.) of red wine per day. Here are a few reasons why:

- ✓ Most of the pathogens that threaten humans are inhibited or killed off by the acids and alcohol in wine. Because of this, wine was considered to be a safer drink than much of the available water up until the 18th century.
- ✓ Red wine is high in **catechins** (also known as **flavinoids**) a powerful class of anti-oxidants. Clinical and statistical evidence have shown these compounds to protect against heart disease, block formation of cancer, and boost the immune system.
- ✓ The antioxidants in red wine come from the skins and seeds of grapes. The antioxidants present in one glass are equivalent to those in 7 glasses of orange juice or 20 glasses of apple juice. The good effects include increasing the blood flow to the heart and brain. Try the red grape Tannat for four times the antioxidants in any other red wine.

- ✓ The Harvard School of Public Health conducted a 14-year study of over 100,000 women age 25-42, from 14 states. After factoring in variables such as family history and smoking habits, the study found that women who drank moderately and regularly (1-2 glasses of wine per day) had a 58% lower likelihood of developing diabetes.
- ✓ Other medical studies point to multiple benefits of regular moderate wine drinking that may include lower risk of stroke, colo-rectal tumors, skin and other types of cancers, senile dementia and even the common cold, as well as reduction in the scarring from radiation treatments.
- ✓ Wine contains alcohol which serves as a mild euphoric and can reduce stress. (Most moms know this without any lab studies to prove it.)
- ✓ Wine helps balance cholesterol towards the *good* type.
- ✓ A study in the American Journal of Gastroenterology showed that moderate, regular consumption of wine decreases the risk of peptic ulcers and may help to rid the body of the bacteria suspected of causing them. ***Over consumption of any alcoholic beverages (especially beer) increased the risk of peptic ulcers.***
- ✓ According to the British Medical Journal (December, 2004), there is a diet recipe for cutting your risk of heart disease by a whopping 76%. The diet consists of dark chocolate, almonds, fruits, vegetables, garlic all washed down with a 4-5 oz. glass of wine. If you consume these items daily along with 4 servings of fish per week, you can achieve the desired result. Scientists reviewed the impact of each ingredient on blood pressure, cholesterol, and overall risk of heart disease and calculated the combined effect. One standard glass of red wine *daily* alone will reduce the risk of heart disease by one third. Excluding any of the ingredients can cause a slight decline in the overall heart protection benefits. However, omitting wine reduced the impact most—by 10%.
- ✓ Let's not overdo the wine, though. The benefit is in MODERATE consumption. And for those of us that need the reminder, daily exercise is also very essential to good health.

Please feel free to come in and get your “prescription” filled. It’s just what the doctor ordered.