



Columbus Area Mensa
Regional Gathering
July 31 – August 2, 2009

Wine : Body and Soul

Our Journey

Mind

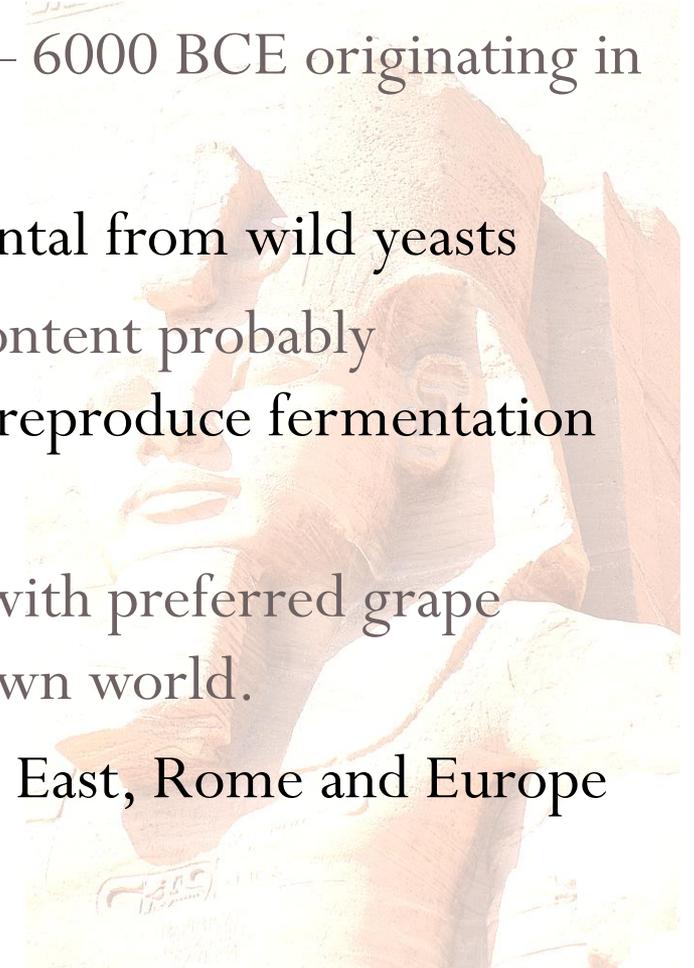
- Prehistory of Wine
- Wine & Civilization
- French Paradox
- Heart Health
- Breathe In, Breath Out
- Can it Prevent Cancer?
- All things in Moderation

Body

- Cabernet Sauvignon
- Sweet Wine
- Pinot Noir
- Syrah
- White Wines
- More reds!

Prehistory of Wine

- Details of the origins of fermenting wine are unknown
- Making of wine goes back to 4000 – 6000 BCE originating in Mesopotamia.
- First fermentation was likely accidental from wild yeasts
- Health benefits, taste and alcohol content probably encouraged early vintners to try to reproduce fermentation process in a controlled fashion
- Practice of wine-making, together with preferred grape varieties spread throughout the known world.
- Wine was popular in Egypt, Middle East, Rome and Europe



Red Wines

- Early Wines were likely not as good as what we know today
- Not every wild grape produces great wine and vintners were stuck with working with the local grapes until ships and commerce became easier
- In the Middle East, they would have needed grapes that matured and sweetened in the hot summer sun
- Cabernet Sauvignon popular today because of its long aging potential and ease of cultivation.
- Blending with other grapes is to improve complexity of the finished product and improve the wine

Bloomer Creek Red Emperor

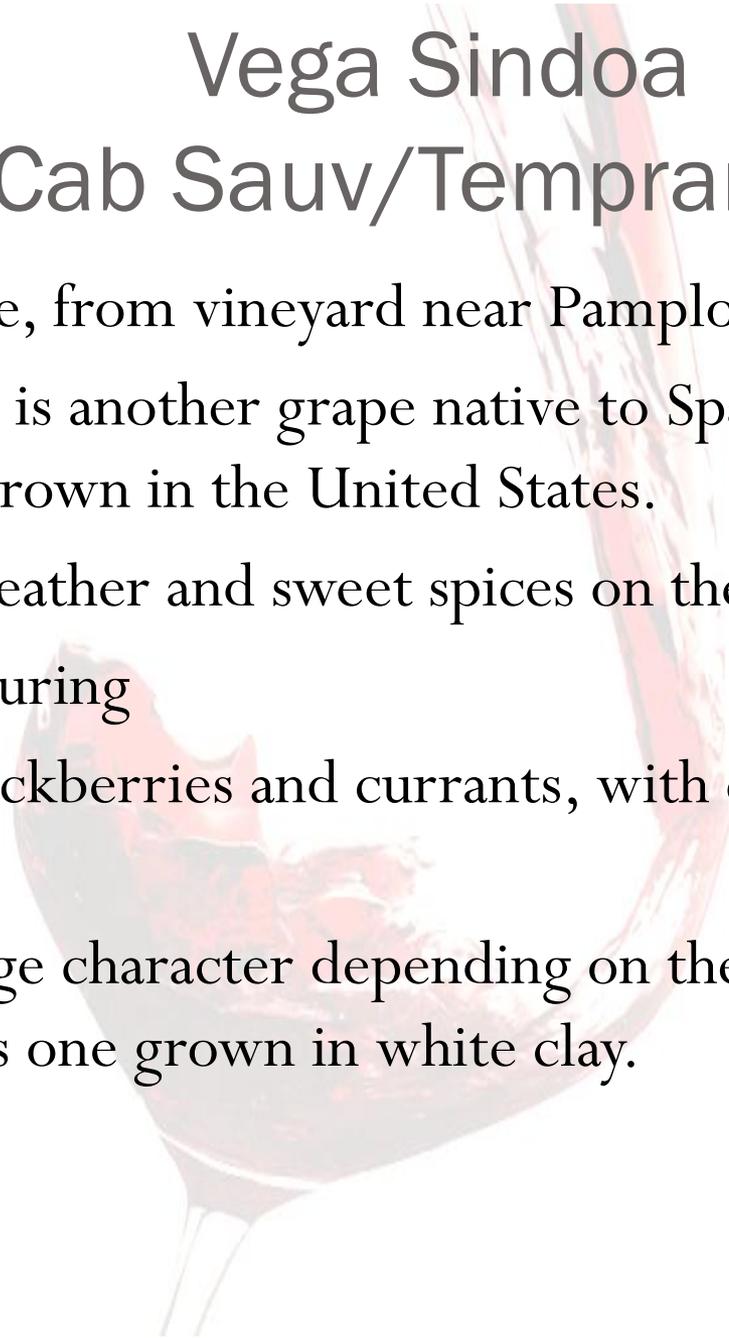
- Red Emperor is a soft and fruity blend of vinifera and French hybrids.
- A bouquet of ripe red fruit and spice leads to a plush palette with just a touch of oak.
- This particular blend comes from the Finger Lakes region of New York State.
- Non-vintage



Vega Sindoa

Cab Sauv/Tempranillo

- Spanish wine, from vineyard near Pamplona.
- Tempranillo is another grape native to Spain, and not frequently grown in the United States.
- A touch of leather and sweet spices on the nose
- Garnet colouring
- Tastes of blackberries and currants, with chocolate and licorice
- Wines change character depending on the terroir, or soil and climate. This one grown in white clay.



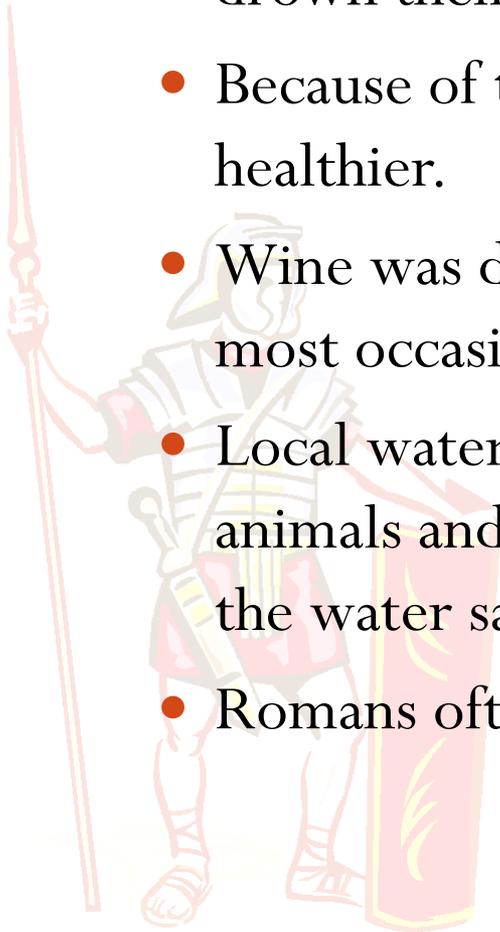
Balic Cabernet Franc

- Related to Cabernet Sauvignon, this grape prefers slightly cooler climates than the Middle East would provide
- This wine made from grapes grown in America
- Premium red with a distinctive aroma is also good with French & Italian red sauces, red meats and spicy food
- Grown mostly for blending, but can make a powerful varietal
- Lighter than Cabernet Sauvignon
- Popular in Eastern Europe

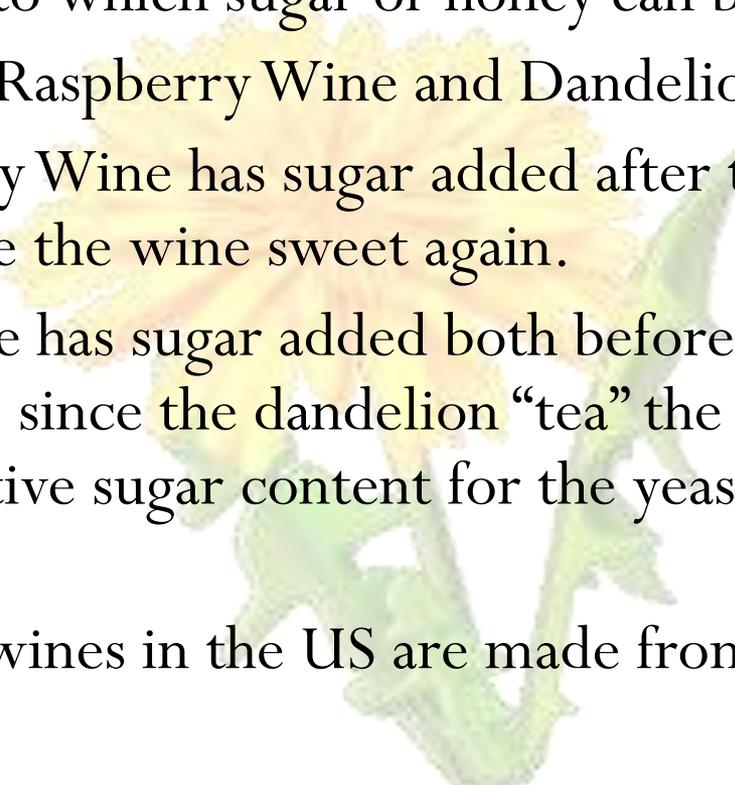


Wine & Civilization

- Wine did not become popular solely because people could drown their sorrows in it.
- Because of the alcohol content, wine actually kept people healthier.
- Wine was diluted and mixed with water when served on most occasions
- Local water was often contaminated with disease from animals and people, but the alcohol and acid in wine made the water safe and tastier.
- Romans often used much sweeter wines than many today



Black Raspberry & Dandelion

- Not just grapes can be made into wine, but really anything sweet fruit, or to which sugar or honey can be added.
 - We have Black Raspberry Wine and Dandelion Wine to taste
 - Black Raspberry Wine has sugar added after the fermentation process to make the wine sweet again.
 - Dandelion Wine has sugar added both before fermentation and afterwards, since the dandelion “tea” the wine is made from has no native sugar content for the yeast to turn into alcohol.
 - Popular sweet wines in the US are made from Concord grapes.
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French Paradox

- Owes its name to the fact that the French appear to eat highly rich foods, but appear to have a low incidence of heart disease
- This “paradox” is what first prompted researchers to begin looking at what in the French diet might be causing this.
- One possibility proposed and researched was the commonality of moderate wine consumption in the French diet.



Domaine de Saline Pinot Noir

- Vintage 2002
- French
- Deep ruby color.
- Very spicy aromas of cherry-plum chutney, cinnamon rolls, and sundried tomatoes follow through to a soft, brisk entry
- Fruity light-to-medium body with a tart, lightly tannic sour cherry skin, spice bag, and dusty mineral fade.
- Pair with lamb tagine or curried pork dishes

Estancia Pinot Noir

- Vintage 2001
- The result is a wine which is lusciously fruity with ripe cherries layered with sweet oak, dried flowers, leather, and spice.
- Soft and silky with a persistent finish



Heart Health

- Some studies suggest that, taken in moderation, wine does have benefits for the heart and cardiovascular system
- About a 30-50% lower risk of heart attacks
- Can reduce heart attack risk even in those who've had one already
- Helps increase the “good cholesterol” and lower the “bad cholesterol”
- It may also help reduce blood clots
- May provide an answer to the so-called “French paradox”

6th Sense Syrah

- Heart Health benefits are linked primarily to red wines.
- This syrah is from Lodi, California
- Vintage 2004
- Striking aromas of ripe dark fruits radiate from the glass in an earthy, smoky tobacco context.
- Full, rich fruit flavors of dark berries, whole plum, and blackcurrant fill the palate and hold their flavors through a long and smooth moderately peppery finish.
- Great with barbeque.



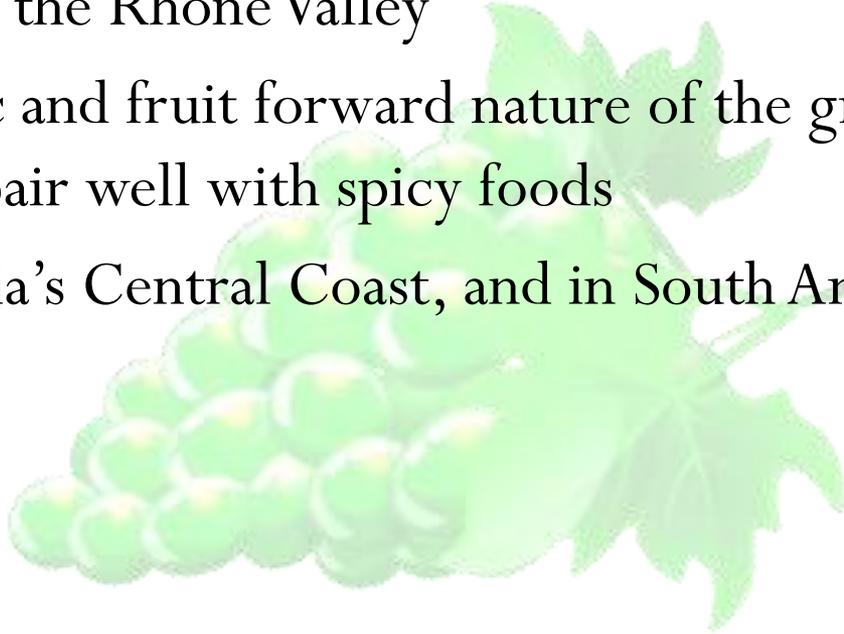
Breathe In, Breathe Out

- Wine intake can help improve lung function
- Specifically white wine
- Appears to be a relationship between lifetime consumption and improved lung function
- Participants in one study experienced fewer colds drinking white wine over red
- Not as many studies of this have been done as with red wine



Baron Pierre Viognier

- White wines are grown primarily in climates too cold to support red grapes
- French wine
- Grown primarily in the Rhone Valley
- The highly aromatic and fruit forward nature of the grape allows Viognier to pair well with spicy foods
- Popular in California's Central Coast, and in South America



Schmitt Söhne Piesporter Michelsberg

- Riesling
- Beautiful fragrant, medium bodied wine with up front fruit that continues to develop on the palate.
- Hints of peaches and green apples are balanced perfectly with crisp acidity to provide a clean and fresh finish.
- Ideal by itself or to complement a variety of meat and seafood dishes.

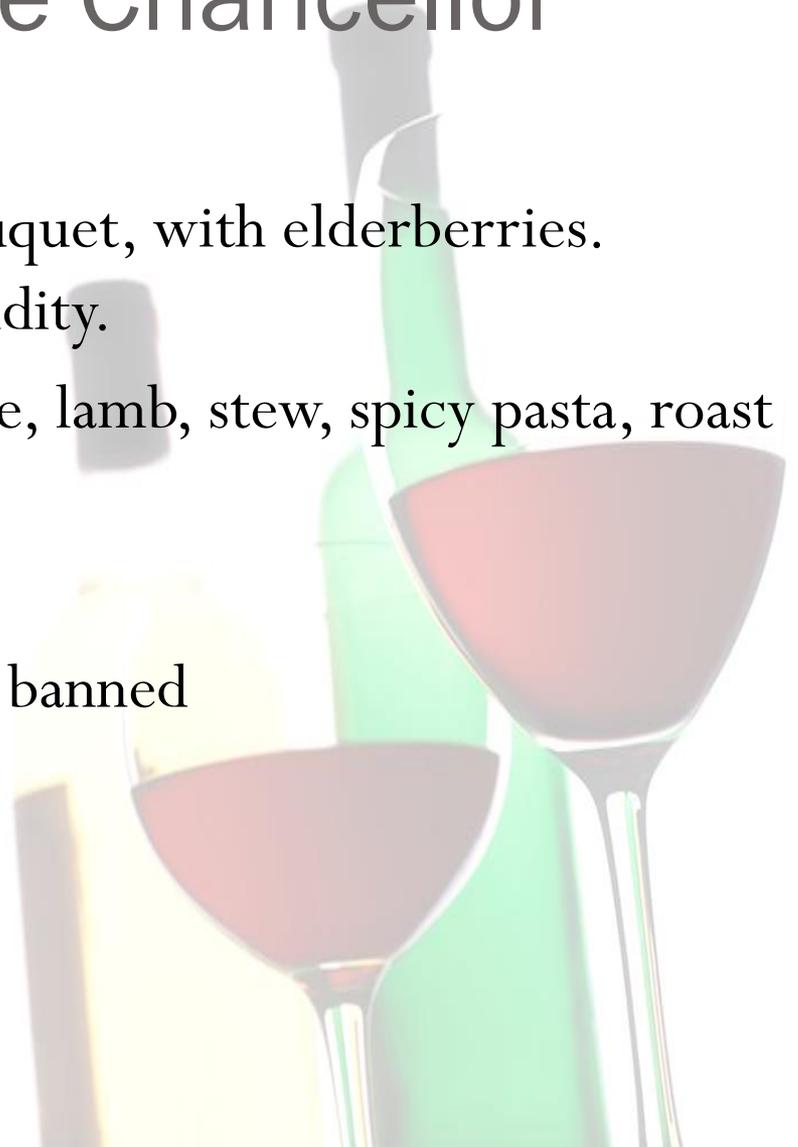


Cancer, too?

- Particular compounds called polyphenols found in red wine—such as catechins and resveratrol—are thought to have antioxidant or anticancer properties.
- Red wine contains more polyphenols than white wine because the making of white wine requires the removal of the skins after the grapes are crushed. The phenols in red wine include catechin, gallic acid, and epicatechin
- Antioxidants are substances that protect cells from oxidative damage caused by molecules called free radicals. These chemicals can damage important parts of cells, including proteins, membranes, and DNA

Cayuga Ridge Chancellor

- Finger Lakes, NY
- Dark, rich, velvety. Fruit bouquet, with elderberries. Moderate tannin and good acidity.
- Serve with sharp cheese, game, lamb, stew, spicy pasta, roast beef, steaks
- French-American hybrid
- Once popular in France, now banned
- Bred for disease resistance



Briccontondo Barbera

- Italy 2006
- Ruby-red in color with purple highlights.
- Nose is packed with black fruit, especially blackberries and plums, with slight spicy overtones hinting at black pepper and cinnamon.
- Sweet, soft tannins come together in closely-woven texture that merges with fruit, while crisp freshness provides long, tasty finish





Moderation!

- But, of course, none of this says we should go out and become lushes!
- Over-consumption of wine still has downsides:
- Wine is mostly empty calories and you can get that “beer belly” just as easily from wine as beer!
- Don’t forget about that liver damage!
- Most studies were conducted with 1-2 drinks per day
- Some studies suggest that wine may actually slightly increase the risk of breast cancer.

References

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