

## Eight Health Benefits of Drinking Wine

Consider these facts when compiling your 2008 resolutions.

- Promotes longevity**- Wine drinkers have a 34% lower mortality rate than beer or spirits drinkers. (Journals of Gerontology, 2007)
- Lowers risk of heart disease**- Red wine tannins have procyanidins, which protect against heart disease. Wines from Sardinia and southwest France have more procyanidins than other wines. (Nature, 2006)
- Reduces heart-attack risk**- Moderate drinkers suffering from high blood pressure are 30% less likely to have a heart attack than nondrinkers. (Annals of Internal Medicine, 2007)
- Reduces risk of type 2 diabetes**- Moderate drinkers have a 30% less risk than nondrinkers of developing type 2 diabetes. (Diabetes Care, 2005)
- Lowers risk of stroke**- the possibility of suffering a blood clot-related stroke drops by 50% in people who consume moderate amounts of alcohol. (Stroke, 2006)
- Cuts risk of cataracts**- Moderate drinkers are 32% less likely to get cataracts than nondrinkers; those who consume wine are 43% less likely to develop cataracts than those drinking mainly beer. (Nature, 2003)
- Cuts risk of colon cancer**- Moderate consumption of wine (mainly red), cuts the risk of colon cancer by 45%. (American Journal of Gastroenterology, 2005)
- Slows brain decline**- Brain function declines at a markedly faster rate in nondrinkers than in moderate drinkers. (Neuroepidemiology, 2006)



\*\*The American Heart Association defines moderate wine consumption as one to two four-ounce glasses per day.

## Chardonnay of the Month Bonterra \$9.99



There were some changes to the wine department before the holidays, and one was an increase in the size of our organic department. Every organic wine now has a shelf talker explaining whether it's organically grown grapes, certified organic, sustainably farmed, biodynamic, or even vegan. This is especially helpful for all who are sensitive to certain additives, or wine making practices.

One of our favorite organically farmed wineries is Bonterra, in the Russian River Benchlands of Mendocino, California. This was the brainchild of Barney Fetzer back in the 1980's. His large family grew grapes, fruits and vegetables with very little human intervention. The family business was sold to Brown-Forman in 1992.

Today, vineyard manager, David Koball and wine maker Bob Blue produce certified organic grapes and wines using cover crops for the best organic soil, birds and free range (or maybe free-vineyard) chickens to handle natural pests, and use very little intervention when making the wines.

This Chardonnay, year after year, garners praise from wine writers around the world. Using several different Chardonnay clones, and blending fruit from six different vineyards, what really stands out is the incredible fresh, clean fruit in the nose and mouth. A common thread of pineapples, green apples, pears, honey, and roasted nuts runs through the nose, and the mouth. There's a hint of butter, but the finish is crisp and lemony. This is a bright and refreshing wine to start the New Year off right.

## Upcoming Tastings

Tuesday, January 15th -

### Ann's Components of Wine Class

Taste some of the main components of wine in concentrated form, learn your palate, and understand balance and complexity. We'll taste some wine examples at the end, while enjoying Carelli's delicious appetizers. At Carelli's restaurant, 6:30 to 8PM. \$40 per person. Call 303-499-2337, a credit card is required to reserve spot.

Tuesday, January 29th -

### Our Annual Sangiovese Tasting

We'll be tasting all month to find the seven best examples of the Sangiovese grape out there. You'll taste those, along with Carelli's awesome appetizers. At Carelli's Restaurant, 6:30 to 8PM. \$40 per person, but \$30 per person if you attended the Components Tasting on 1/15. Call 303-499-2337, a credit card is required to reserve spot.

Tuesday, February 19th -

### Our Annual "We Have Zinned" Tasting

This one fills up fast, so hurry! We'll taste seven of the best Zinfandels we can find, while enjoying Carelli's yummy appetizers. At Carelli's restaurant, 6:30 to 8PM. \$40 per person. Call 303-499-2337, a credit card is required to reserve spot.

## Spotlight Brewery

### Bridgeport \$6.00 per 6-pack

**The Good News:** Bridgeport Brewing is January's Spotlight Brewery. Started in 1984 it is Oregon's oldest craft brewery and is one of the top specialty brewers in Oregon today. Bridgeport's most recent expansion in 2001 increased their capacity to 100,000 barrels per year. Distribution has grown to 18 states, and the breweries emphasis on producing quality, innovative ales has provided it with an international following and numerous awards.

**The Bad News:** This January 2008, Due to a hop and barley "crisis" we will be hit with a large price increase. The bottom line is there is not enough hops being grown today to satisfy the needs of brewers. Along with a poor harvest on barley malt, prices are also up sharply from previous years. To us beer lovers it means we will have to be setting aside a little more change for our favorite six pack. We will still have great sales and of course our Spotlight Brewery will still change from month to month.



## Winery Focus

### Santa Rita's "120" from Chile \$6.99

No one should pass this up! Santa Rita produces wine from all of the wine regions of Chile. Founded in 1880, the 120 line is named for the 120 patriots that fought to achieve Chile's Independence. They found refuge in the Santa Rita Hacienda, after a fierce battle against Spanish Crown soldiers in the city of Rancagua where they had been defeated. This wine honors them.

Our display has the Chardonnay, Merlot, Cabernet, Sauvignon Blanc, and Shiraz varietals, **all at \$6.99!** The grapes are planted in regions that are appropriate for soil and climate Wine makers; Cecilia Torres and Andres Ilabaca use minimal oak or manipulation. The Chardonnay and Cabernet are from the Central Valley, a warm Mediterranean climate, creating ripe, full-fruit, almost tropical wines. The Sauvignon Blanc, from the Lontue Valley, has a long, cool growing season, responsible for a complex, dry- but fresh fruit aperitif wine. The Merlot, from the Rapel Valley, ripened slowly in the volcanic soil, and has 10% oak aging. Serious, but fresh and ripe. The Shiraz, from the Maipo Valley, had a hot, dry growing season, similar to Australia. Rich, and velvety wine with a toasty characteristic from 4 months of toasted barrel aging.

Try them all! They are totally underpriced, and perfect for anyone's palate and budget.



### Little Penguin 1.5 liters \$9.99! (While supplies last)



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## Drink of the Month

### Hot Toddy

- 1 oz. (2tbsp) bourbon
- 1 tbsp. mild honey
- 2 tsp. fresh lemon juice
- ¼ cup boiling water



Mix bourbon, honey, and lemon juice in a 6 ounce mug. Top off with hot water and stir to dissolve honey. Makes one drink.

*Brandy or Scotch also works well in a toddy, but we prefer the vanilla richness of a good bourbon.*

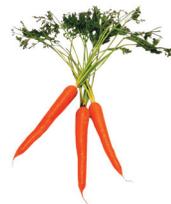
## Recipe of the Month

### Carrot Soup with Orange and Tarragon

*This low-fat, creamy soup is packed with vitamins A and C.*



- 1 tbsp. butter
- 1 pound classic-cut, peeled carrots
- ¾ cup chopped onion
- 3 cups low-salt chicken broth
- ½ cup orange juice
- 1 tbsp. brandy
- 2 tsp. chopped, fresh tarragon
- fresh tarragon sprigs



In a heavy, large pot, melt butter over medium heat. Add carrots and onion, sauté until onion is soft, about 8 minutes. Add broth, cover and bring to a boil. Reduce heat, uncover, and simmer until the carrots are tender, about 10 minutes.

Working in batches, puree soup in blender until very smooth. Return soup to pot. Stir in orange juice, brandy, and chopped tarragon. Simmer 5 minutes to blend flavors. Garnish with fresh tarragon sprigs. Makes 4 servings.

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