

Wine is health. —Petronius

Wine & Health

By: Martin Bargetto, President

Each year the BARGETTO Wine Club tries to bring you the latest updates about the positive role moderate wine consumption plays in a healthy lifestyle. Last year, we began our discussion by referring to the five key factors that minimize heart disease: 1. Avoid obesity. 2. Consume a healthy diet. 3. Engage in moderate exercise. 4. Avoid smoking. 5. Consume 1-2 drinks of an alcoholic beverage per day (unless there are contraindications). We hope you are practicing at least a majority of these factors in your life.

This year, we continue our health discussion by examining wine and its effects on strokes and diabetes as well as updates about resveratrol.

Wine and Strokes

Recently, Tulane University researchers reviewed 35 studies of wine and its effects on strokes. What they found was that moderate consumption of wine reduced strokes by 30% when compared to abstainers. With strokes being the number three cause of death in the U.S., this is an important finding to help reduce the risk.

There are two types of strokes that can cause death. One is called ischemic stroke. This is caused by a blood clot in blood vessels and is responsible for 80% of all strokes. The other type is named hemorrhagic stroke and is caused by blood vessel bursts in the brain. Moderate wine consumption seems to lower the incidence of ischemic stroke.

In order to evaluate the two decades of research, the scientists defined moderate consumption of wine as

1-2 drinks per day. Heavy drinkers were defined as more than 5 drinks per day. When examined more closely, it was discovered that heavy drinkers increased their risk of ischemic stroke by 69%. Hence, the beneficial effect on strokes is related to intake level.

Wine and Type 2 Diabetes

In a new report released in the March 2005 issue of *Diabetes Care*, researchers showed that drinkers who consume 1-2 drinks per day had a 30% lower risk for Type 2 diabetes. They examined data from 370,000 people over 12 years and 15 studies.

The study also showed that people who consumed up to 4 drinks per day were 30% less likely to develop Type 2 diabetes as nondrinkers. The benefits incurred apparently aren't related to obesity.

In addition, for those drinkers who consumed more than 4 drinks per day, the risk of Type 2 diabetes increased slightly. This increase in risk was about the same as the increased risk faced by nondrinkers.

Health officials are bracing for a 40% increase in the rate of new Type 2 diabetes cases worldwide in the next two decades. Lifestyle factors such as physical inactivity and obesity as well as the aging population are important reasons for the dramatic rise in Type 2 diabetes.

Researchers are now optimistic that moderate alcohol consumption may be part of the solution in the future.



New Properties of Resveratrol Uncovered

Many wine drinkers have by now heard of the positive health effects of the difficult-to-pronounce compound called resveratrol. This polyphenolic compound found in high concentrations in grape skins and other dark fruits has been at the center of a health sensation for a number of years now.

As reported in this newsletter for a couple of years, resveratrol is a plant compound that helps fight disease from fungi, insects, herbivores and other disease-causing organisms. Numerous scientific studies reveal with its properties to lower the risk of cardiovascular disease, cancer, and stroke and other ailments afflicting humans.

Another interesting attribute of the resveratrol molecule was uncovered by researchers at Northwestern University. What they discovered was resveratrol has a similar molecular structure to diethylstilbestrol, a synthetic estrogen. This discovery led Barry Gehm and Dr. J.L. Jameson to investigate whether the resveratrol molecule may have the same pharmacologic properties as the natural human estrogen called estradiol.

Their research, reported in the National Academy of Sciences, showed that resveratrol activated the expression of estrogen-related genes in cultured human cells. According to Gehm, “the estrogenic properties of resveratrol may play a role in the beneficial cardiovascular effects of red wine and the so-called ‘French Paradox’.”

Estrogen, like red wine, is known to provide some protection against heart disease. Most notably, this health benefit can be traced to the increase in HDL (high-density lipoprotein) in the blood.

With all the new research about the positive attributes of resveratrol in preventing cancer and arteriosclerosis, it has been suggested by some to begin recommending this compound as a dietary supplement. However, Gehm states “the discovery that resveratrol is estrogenic” means that such supplementation might have undesirable side effects.

Certainly, there will need to be more research before the full effects of resveratrol can be

understood. With the discovery that resveratrol produces greater expression of some estrogen-regulated genes than the natural hormone estradiol, this may lead to the development of new, more-selective estrogenic drugs. These types of selective estrogenic drugs are used in the breast cancer treatment (tamoxifen) and the postmenopausal osteoporosis (raloxifen).

Maybe Petronius was not exaggerating when he said 2000 years ago that “Wine is Life.”

Sources: www.cnn.com

BARGETTO Pinot Grigio Featured at the Links

The Pebble Beach Golf Links, located 40 miles south of BARGETTO WINERY on the Monterey Peninsula, is consistently ranked as one of the premiere golf destinations in the world. The links style course (a Scottish term for a golf design virtually linking the sea & land) was built in 1919 and has seen the likes of such legendary players as Bobby Jones, Jack Nicklaus and Tiger Woods.

For the past couple of years, BARGETTO WINERY has been honored to have the Lodge at Pebble Beach feature our Pinot Grigio as a wine-by-the-glass selection.



Pointing Towards a Good Finish: Overlooking the most famous finishing hole in golf, The Lodge at Pebble Beach employee, Ms. Bonnie Lyman, pours a glass of BARGETTO Pinot Grigio for Cincinnati, Ohio visitors Michael & Dana Murphy.

Current Release

2002 Santa Cruz Mountains Cabernet Sauvignon

This is probably the last release of our Santa Cruz Mountains Cabernets. This wine has the tannic and rich flavors that annotate the cool climate of the Santa Cruz Mountains fruit.

-Michael Sones, Winemaker

Harvest

Grapes: 75.1% Cabernet Sauvignon, 14.3% Nebbiolo, 10.6% Other
Vineyards: 75.1% Harvest Moon Vineyard, 14.3% Regan Vineyards, 10.6% Other
Average Date: 11/6/2002
Brix: 23.8°

Wine

Alcohol: 13.9%
Total Acidity: 0.65 grams/100ml
pH: 3.5
Length of Barrel Aging: 28 months in French and American Oak
Malolactic: 100%
Cases Produced: 447

Total cost for 2 bottle release

CA UPS Direct Members \$43.56
Out-of-State UPS Direct Members \$41.00
Pick Up Members \$34.56

Price reflects 20% Wine Club discount. ND, NH, YX, VA add applicable tax.

(Retail price for this release is \$20 btl.)

Next Release

2005 Monterey County Gewurztraminer

Following along on the heels of last year's gold medal winning 2004 Monterey County Gewurztraminer, is this years offering. The 2005 is filled with floral and citrus aromas supported by green apple flavors with an off-dry finish.

-Michael Sones, Winemaker

Harvest

Grapes: 100% Gewurztraminer
Vineyards: 85% Viento in Monterey, 15% Spring Ridge in the Santa Cruz Mountains
Average Date: 9/8/2005
Brix: 24.3°

Wine

Alcohol: 13.9%
Total Acidity: 0.55 grams/100ml
pH: 3.51
Length of Barrel Aging: n/a
Malolactic: n/a
Cases Produced: 1400

2005 Santa Cruz Mountains Gewurztraminer

With this Gewurztraminer, we let the fermentation finish. So the wine is what we call dry or in other words there is very little residual sugar present. This delicate floral wine will drink well as an aperitif. The spicy Jasmine aromas are complemented with a pleasing green apple acidity. This is a wine to be enjoyed this spring.

-Michael Sones, Winemaker

Harvest

Grapes: 100% Gewurztraminer
Vineyards: 100% Spring Ridge in the Santa Cruz Mountains
Average Date: 9/21/2005
Brix: 24.1°

Wine

Alcohol: 14.2%
Total Acidity: 0.56 grams/100ml
pH: 3.50
Length of Barrel Aging: 2 months American Oak
Malolactic: n/a
Cases Produced: 200

Total cost for 2 bottle release (1 bottle of each)

CA UPS Direct Members \$34.92
Out-of-State UPS Direct Members \$33.00
Pick Up Members \$25.92

Price reflects 20% Wine Club discount. ND, NH, TX, VA add applicable tax.
(Retail price for this release is \$14/\$16 btl.)

Vintage Sale

Save 25% off the
2001 Lodi Cabernet Sauvignon
when you order 6 or more bottles.

\$63 per half case
\$126 per case.

That's only \$10.50 per bottle!
Retail price is \$14 per bottle.

Offer valid February 1 to
February 28, 2006.

Call, fax, email or order online.

1-888-400-9463
831-475-2664

wineclub@bargetto.com
www.bargetto.com



Vintage Notes

Stock up and save on your current release!
Buy 6 or more bottles of the
2002 Santa Cruz Mountains Cabernet Sauvignon
and receive a 25% discount.

\$90 per half case
\$180 per case
That's only \$15 per bottle!
Retail price is \$20 per bottle.

Offer ends 5/15/06.

Phone.....888-400-9463
Fax.....831-475-2664
Email.....wineclub@bargetto.com
Website.....www.bargetto.com

Club Corner

News you can use...

Ultimate Winemakers Dinner at Shadowbrook Restaurant

Tuesday, February 28, 2006

6:00 PM to 8:00 PM

\$95 all inclusive (includes meal, wine, tax & gratuity)

Up to 25 winemakers offer exclusive tastes of their wines in the restaurant's Rock Room Lounge. Then join guests for an intimate gourmet meal in the spectacular setting of the Shadowbrook dining rooms, which are closed to the general public for this very special event. Come visit and dine with BARGETTO'S winemaker Michael Sones.

Get a special surprise for your birthday! Make sure we have your date of birth on your account to receive this special offer in 2006!

1.888.400.9463 or
wineclub@bargetto.com

Shipping and Compliance Changes

Shipping and compliance changes that may affect you:

Florida: There is no longer tax for wine shipments to Florida.

North Dakota: There is a case limit per individual per month. You may always ship to another individual at your address. Wine is taxed 7%.

New Hampshire: There is a 60 bottle limit per household per year. You may always ship to another address. Wine is taxed 8%.

Texas: There is a 15 bottle limit per individual per month. Wine is taxed 6.25%. You may always ship to another individual at your address.

Virginia: There is a two case limit per individual per month. You may always ship any extra wine to another individual at your address. Wine is taxed 5%.

Wisconsin: There is a three case limit per individual per year. You may always ship to another name at your address. Birthdates are required for purchaser and recipient.

Epicurean Notes



Baby Back Ribs with Sticky Soy Sauce

Nothing like ribs for your Super Bowl party...and be sure to have plenty of napkins on hand.

Ingredients:

For Ribs:

2 lbs. baby back ribs
1 c. distilled vinegar
2 qts. water

For Sauce:

1/4 c. bbq sauce
1/4 c. soy sauce
1/8 c. BARGETTO Cabernet Sauvignon
1/2 t. jalapeno, chopped
1/2 t. fresh ginger, peeled and chopped
1/2 c. brown sugar

Directions:

For Ribs:

Combine water and vinegar in large pot and bring to a boil. Cut ribs into 4 equal portions. Add to boiling water and cover for 25 minutes. Remove ribs from water and rest at room temperature.

For Sauce:

Combine all ingredients in a blender. Put sauce in pot and bring to a boil. Add ribs and cover for 5 minutes. Remove ribs from sauce and plate. Serve with potato salad and pickles.

Serves 4.

For more recipes check out www.bargetto.com

By: Greg Flores

Greg Flores studied culinary arts at The California Culinary Academy in San Francisco. Upon graduation, Greg worked his way up from Extern to Sous Chef at Café Marcella, a four star restaurant in Los Gatos, California. After a brief time as Executive Chef at Bethany College, Greg is now back in Los Gatos as one of the chefs at Three Degrees in The Toll House Hotel. Greg is very familiar with BARGETTO wines and cooks with them often.

Have questions or comments for Greg? Email him at gpflores1@hotmail.com. (Put BARGETTO in the subject line.)

