

The proof of the pudding is in the eating.--Cervantes, *Don Quixote*

The Olallieberry and the Healthy Dessert

By: Martin Bargetto, President

If there ever was a term that fit nicely into the oxymoron category, it would have to be “healthy dessert.” While many desserts would not be considered as a foundation food on the USDA food pyramid, there are some that would be considered. Some of these “healthy dessert” foods that are particularly noteworthy are berries of any kind and, specifically, those that have high purple/red color content.



A berry with a high purple/red color is a healthy dessert that may help reduce the risk of many cancers.

The latest research coming from many studies throughout the U.S. and other parts of the world show that regular consumption of fruits can help reduce the risk of many cancers. This significance seems to be coming from a class of compounds called polyphenols. One compound that belongs to the polyphenol group is called Ellagic Acid. It is a naturally-occurring constituent of at least 46 different fruits and nuts including pomegranates, raspberries, strawberries, blueberries, walnuts and, yes, olallieberries.

The Hollings Cancer Institute at the University of South Carolina has conducted a nine year study on polyphenols and Ellagic Acid. This double-blind

research on the effects of Ellagic Acid on cervical cancer patients is startling. This compound has been shown to stop mitosis-cancer cell division within 48 hours as well as arresting normal cell death within 72 hours for breast, pancreas, esophageal, skin, colon, and prostate cancer cells.

The Institute has also conducted tests on cultured human cells with Ellagic Acid that show the compound prevents the destruction of the p53 gene by cancer cells. It seems the Ellagic Acid somehow prevents the carcinogen from binding with DNA.

With its antiviral and antibacterial properties, Ellagic Acid is an exciting natural compound that researchers are learning more about each year. However, according to the American Cancer Society website, it is still too early to make a claim that this compound can absolutely reduce the risk of cancer. Since most of the studies up to this point have used cultured human cells or have been performed on lab animals, it is only after human trials that scientists can begin to make a pronouncement of its positive health effects.

Even though there is yet to be an official announcement on the role of Ellagic Acid, it seems that much research is pointing in that direction. Hence, you may not be able to have your cake and eat it too, but surely you can have your Olallieberry and drink it too. Now, if you drink it with dark chocolate and walnuts, maybe you can convince your medical insurance provider to give you a healthy lifestyle discount.

Salute!

Sources:
www.ellagic-acid.org
www.cancer.org

Current Release

CHAUCER'S Olallieberry

An olallieberry is a hybrid cross of a loganberry and a youngberry which are both crosses themselves (loganberry = raspberry x blackberry; youngberry = blackberry x Texas dewberry). Although this wine exhibits a richness similar to a fine liqueur, this specialty dessert-style beverage is not fortified and contains only 10.5% alcohol. Hence, this wine should be consumed shortly after purchase to enjoy its natural and rich fruit flavor. It is also recommended to refrigerate this delicate product after opening.

-Michael Sones, Winemaker

Shipment costs for 3 bottles (500ml) of Olallieberry

Pick up Members	\$36.29
CA Shipment	\$47.29
Out of State UPS	\$44.60
(ND, NH, NY, TX, VA add applicable sales tax)	
Freight Forwarder/FedEx	\$47.60

Retail price of CHAUCER'S Olallieberry is \$14 per bottle
Prices include 20% CHAUCER'S Wine Club Discount

Next Release

BARGETTO 2004 Sierra Foothills Port

Here is another fine ruby port for 2004. The wine is dark purple with flavors of blackberry jam, cassis and tobacco. The finish lingers with hints of Seville orange.

-Michael Sones, Winemaker

Shipment costs for 3 bottles (500ml) of Port

Pick up Members	\$46.66
CA Shipment	\$57.66
Out of State UPS	\$54.20
(ND, NH, NY, TX, VA add applicable sales tax)	
Freight Forwarder/FedEx	\$57.20

Retail price of BARGETTO 2004 Sierra Foothills Port is \$18 per bottle
Prices include 20% CHAUCER'S Wine Club Discount
This release is scheduled to be shipped on June 22, 2006

Change of address, billing information or skipping or substituting a shipment? Give us a call prior to the 15th of June to prevent any inconvenience or delays in receiving your next CHAUCER'S Wine Club shipment.

All of our members are important to us, and we appreciate your staying in touch. Don't be shy.

Give us a call at 1-888-400-WINE or send an email to wineclub@bargetto.com.

Check Out our New and Improved Online Shopping Cart

BARGETTO WINERY has updated our online shopping cart. It is easier to use and hacker safe. Login with your email address and the temporary password "bargetto". Now you can buy wine 24 hours a day/7 days a week.

Go to www.bargetto.com

Did you enjoy your current wine release? Stock up and save!

Buy 6 or more bottles of CHAUCER'S Olallieberry and receive a 25% discount! Only \$10.50 a bottle. \$63 per half case, \$126 per case. Regularly \$14 per bottle.
Offer ends 6/15/2006



Epicurean Notes



CHAUCER'S Olallieberry Wine Crème Brulee

Ingredients:

4 cups cream
1/2 cup CHAUCER'S
Olallieberry Wine
1 cup sugar
12 egg yolks

Directions:

1. Preheat oven to 275 degrees.
2. Put cream and wine in a sauce pot and bring to a boil.
3. Take egg yolks and sugar and whisk together in a bowl.
4. Add hot cream to egg yolks while whisking a little at a time so you don't make scrambled eggs.
5. Once all the cream is in with the yolks, scoop off all the foam that is on the top.
6. Pour into 8 small dishes that are oven safe.
7. Put dishes on a sheet pan. Add a small amount of hot water onto the sheet pan so the crème brulee don't burn on the bottom.
8. Bake in an oven for about 1 1/2 hours or until they jiggle like Jell-O.
9. To brulee the top, sprinkle granulated sugar on the top of the crème brulee evenly and stick under the broiler on your oven until desired color, (golden brown). Let cool for about 5 minutes before serving.

For more recipes
check out
www.bargetto.com

By Beth Paiva, Cake Decorator

Beth Paiva studied at the California Culinary Academy in 2000 because of her love for baking and pastries. Upon graduation, Beth went straight to work at Seascape Resort in Aptos, CA as a Pastry Chef. After a year at the Resort, Beth took a month off to travel Europe and to study European pastries. Beth currently works at Beckmann's Bakery as a Cake Decorator.

Questions or comments for Beth?

You can email her at
bethmarier@hotmail.com

Everyone wins when you invite friends to join the CHAUCER'S Wine Club. They will receive three bottles of CHAUCER'S wines quarterly and you will receive a complimentary bottle of wine!

