



# Total Locals Wine Club

January 2007 Tasting Notes

[www.tastelocalwines.com](http://www.tastelocalwines.com)

707. 857.4900

## MAIL

---

p.o. box 124  
geyserville, california 95441

## PHONE

---

707.857.4900

## FAX

---

707.857.1885

## WEB

---

[www.tastelocalwines.com](http://www.tastelocalwines.com)

## EMAIL

---

[yummy@tastelocalwines.com](mailto:yummy@tastelocalwines.com)

Hello Total Locals Club members,

A Happy New Year to you all. Are you sticking to your resolutions? Well I have another one for you to consider. Drink Red Wine and lot's more of it! The end of 2006 brought us more news about the increasing wisdom regarding the health benefits of drinking more red wine. Now of course we have mostly ignored the part about having to drink a zillion gallons a day to truly reap the benefits...but that is ok...I look at the good news as a reasonable excuse to do more of what I enjoy. A website that I like to take a look at occasionally when "expert medical studies" are all over the news is [www.quackwatch.org](http://www.quackwatch.org) which tends to put medical hype in perspective. Currently they point out that occasional use of red wine seems far more prudent than over consumption, so I am going to stick with a nice conservative glass or two a day. A couple of years ago the BBC (my British background makes me check their news website now and then) reported on a study that proved yet another health benefit which has been attributed to red wine – fighting off the common cold. Now that is something we could all use at this time of year, right?

The article said that according to scientists in Spain, drinking wine, especially red, stops people from developing colds. Personally I think that drinking a nice hearty red by a toasty fire right when you are coming down with a cold works miracles so I would strongly suggest you try it. The same article did concede however "Lifestyle factors – such as sipping red wine at home rather than drinking in crowded pubs – could also be a factor" but I say give me a crowded pub any day and I will just take my chances ☺

Now that I had started my online research about the benefits of red wine I was curious to find out if any varietals in particular seemed to offer more health benefits. Researchers at the University of California at Davis had my answer. They tested a variety of wines to determine which types have the highest concentrations of flavonoids. Their results concluded that the flavonoid favorite is Cabernet Sauvignon, followed closely by Petit Syrah and Pinot Noir. The bottom line is the sweeter the wine, the fewer the flavonoids. Drier red wines are your best bet for a flavonoid boost. Given this info, your January Total Locals selections should get you through the winter months with less stuffy noses and leave you feeling considerably more relaxed.



As I write this, Geyserville, CA is bathed in sunshine and we have enjoyed many days since the beginning of the new year with temperatures hovering in the low 60s. This is in stark contrast to just last year, when on New Year's Day our rains were so bad that our bridge washed away. I know that when your wines reach some of you, the snow accumulations will be reaching your window ledges and others will be wondering where the cold weather has gone. I am sure the pundits will be arguing if the climate change is responsible for the balmy temperatures in what have always been traditionally cold areas. Hopefully they will be doing so over several bottles of red wine.

Thanks to all of you, our club has grown to include members in all the legally shippable states as well as many members here in the bay area. It is very gratifying to consistently have current members refer new customers to us and to loyally support our Locals' wineries. As a thank you we would like to offer you free shipping on any case order you place between February 10 and February 28 which you can do by using the coupon code 2FRSHP in our new online store. Or call us and we will handle your order over the phone. Don't forget about your 45-day additional discount and check out the latest recipes posted on our website...and NOW GO ENJOY MORE RED WINE!

Cheers,

Carolyn, Tim and Diane

---

**2002 Peterson Petite Sirah**

Dry Creek Valley  
\$26 retail, \$20.80 Club price  
\$19.50 45-day follow-up price  
Fred Peterson, winemaker

**2004 Brasset Cellars Zinfandel Bluenose**

\$25 retail, \$20 Club price  
\$18.75 45-day follow-up price  
Paul Brasset, winemaker

**2003 Hawley Cabernet Sauvignon**

Dry Creek Valley  
\$28 retail, \$22.40 Club price  
\$21 45-day follow-up price  
John Hawley, winemaker

**2003 Martin Estate Cabernet Sauvignon**

Dry Creek Valley  
\$20 retail, \$16 Club price  
\$15 45-day follow-up price  
Mike Martin, winemaker

**2002 Topel Cabernet Sauvignon**

Hidden Vineyard, Mendocino  
\$28.50 retail, \$22.80 Club price  
\$21.38 45-day follow-up price  
Mark Topel, winemaker

**2002 Arbios Cellars Cabernet Sauvignon**

Alexander Valley  
\$30 retail, \$24 Club price  
\$22.50 45-day follow-up price  
Bill Arbios, winemaker

During the month of February Locals will be **CLOSED** on Tuesdays and Wednesdays and open Thursday through Monday from 11 AM to 6 PM.

Locals will be **CLOSED** for winter vacation from February 5th until the 9th reopening the 10th for business as usual.

We always enjoy hearing from you .

Drop us a line at:

Box 124, Geyserville, CA 95441.

Or email us at:

[yummy@tastelocalwines.com](mailto:yummy@tastelocalwines.com).