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# WINE TRAIL TRAVELER NEWSLETTER

## **Selecting Summer Wines**

While winter is a good time for any wine, summer is particularly ideal for a light wine. During the hot summer months, wines for drinking with food or sitting on a deck, should be light. Most summertime fare is light. Light wines and light food go together.

When choosing a wine, one key element to look for in a wine is the body of the wine. Body refers to the fullness and richness of a wine. Some wine authorities like to compare the body of wine to the body of milk. Another comparison comes to mind. Try a spoonful of ice cream and compare with Italian Ice. Both are cold and full of flavor but ice cream has a full-bodied feel to it whereas the Italian ice is smooth and light. Whether a wine is full-bodied or light-bodied, body has no bearing on the quality of the wine. Both red wines and white wines can be light or full-bodied.

Rosé wines and sparkling wines are other good summertime wines. A rosé is usually light-bodied and the effervescence of sparkling wines is light and cheerful. Try several rosé wines and purchase the ones you like. Some wineries are producing varietal rosé wines made from a single varietal including Chambourcin, Merlot, Cabernet Franc and Syrah.

At Castel Grisch Winery and Restaurant, we met Chef Fred, who suggested that wine under 13% alcohol has less body. A light and sweet wine is good for picnics. To keep a wine cool, he suggested using frozen slices of peaches and nectarines. At the Rattlesnake Restaurant in Detroit, a lovely and exclusive dining experience, the sommelier mentioned that Pinot Grigio is a favorite at their Wednesday night wine tastings.

If you purchase your wine at a winery, you can talk to the wine consultant about what you will serve, and they will suggest the type of wine. If you buy your wine at stores, you will not have the luxury to ask a wine consultant. All labels in the United States must indicate the percentage of the alcohol in the wine. The higher the percent of alcohol the more body the wine will have. Trust your taste, choose what you like not what someone says you should like.

## **In This Issue**

**Selecting Summer Wines**

**Summer Wine Celebrations**

**Summer Pairings**

**What's New?**

**Winery Events**

**FAQ**

**Wine Fun**

**Stock Up on  
Summertime Wines**

*Chardonnay (unoaked)*

*Sauvignon Blanc*

*Pinot Gris*

*Riesling*

*Rosé*

*Pinot Noir*

*Sparkling Wine*

## Summer Wine Celebrations

Bring back those relaxing days of summer by trying the scenarios below or adding your own variation. If you have other summer and wine ideas email me at [kathy@winetrailtraveler.com](mailto:kathy@winetrailtraveler.com).

### It's Picnic Time!

Spread and anchor a tablecloth. Bring a cooler to keep foods. Keep cold foods cold and hot foods hot.

### Food Suggestions:

#### Watermelon Boat

Cut out chunks of watermelon into bite size chunks. Add other fresh fruits. Suggested fruits: blueberries, strawberries, cantaloupe, honeydew, pineapple. Pieces should be bite size.

#### Hot dogs and Hamburgers

Splurge on extra long hot dogs with extra long rolls. Make it easy on yourself and purchase ready made hamburgers

#### Sausages

What's your favorite sausage?

#### Potato Salad

There is nothing like homemade potato salad; however, if you do not have time to make it, go ahead and buy it at the store.

#### Macaroni Salad

For those who don't like potato salad, try a macaroni salad and vary it by using mayonnaise or Italian salad dressing.

#### Green Salad

A cold green salad is refreshing. Again, if you don't have time, go to your local grocery store and pick out an assortment of cut up ingredients, mix and you're set to go.

#### Brownies

What would a picnic be without brownies? For a special treat add a cup of chocolate chips to the batter.

### Beverages

Provide frozen grapes or pitted cherries for those who would like to keep their Riesling cold. Sangria is easy to make, look for variations on the internet. A sweet cherry fruit wine may be perfect with brownies. Also, make lemonade and have bottled water on hand.

### Evening Dessert

Invite a few friends over in the evening. The temperature cools down and the stars can twinkle down on your desserts. Serve a light -bodied wine. Sparkling wine is good anytime. Try to serve wine and desserts which have about the same amount of sweetness. Do not serve a dry wine with a sweet dessert.

Easy desserts can include fresh fruits with topping. Italian ice is great for those really hot days. Peach shortcake is especially scrumptious made with fresh peaches.

Alternative: Ask your friends to provide a dessert or a bottle of wine to share.

### Just for Two

Every couple deserves time together. Romance, wine and good food are a great combination. Don't forget the candles!

### Appetizer:

Chilled Peach Soup

Pair with a light white wine.

### Salad:

Pear with goat cheese and honey

### Entrée:

Filet Mignon with fresh asparagus

Pair with a light-bodied red wine

### Dessert:

Crepe Brulee

Pair with an ice wine.

## Summer Pairings

With many light-bodied red and white wines being produced, you have many choices to choose from when pairing food and wine. Some people prefer to choose a wine and then decide on the food. Traditionally, people decide on the meat and then add the appetizers, side dishes and wine.

The idea in pairing is to create a “harmony” between the wine and food. The food should not overpower the wine and at the same time you do not want the wine to overpower delicate food tastes.

## Pairing Suggestions

### Cold Pasta Salad

Add these ingredients to your favorite summer pasta; eggplant, yellow squash, zucchini, onion, diced tomatoes, red and yellow pepper  
Pairing: Sparkling Wine

### Grilled Chicken

Pairing: Chardonnay (unoaked)  
Dry Riesling  
Sauvignon Blanc  
Pinot Grigio  
A Rosé  
Pinot Noir

### Grilled Pork

Pairing: Dry Riesling  
Dry Rosé  
Pinot Noir

### Clams

Pairing: white wine

### Salmon

Pairing: Dry Rosé  
Pinot Noir

### Soft Shell Crabs

Pairing: Chardonnay (unoaked)  
Sauvignon Blanc  
Riesling  
Sparkling Wine

## What's New in Wine Trail Traveler

We visited several wineries on the west side of Seneca Lake in New York. The day was warm and sunny. We took a delightful walk through the vineyards at Lakewood Vineyards. The restaurant at Castel Grisch has a lovely atmosphere for lunch or dinner and provides German cooking. Cascata offers a heart-warming experience. Here you will learn about the connection between wine and art. Rock Stream Vineyards is a new winery on the Seneca Lake Wine Trail.

Adams County Winery, in Pennsylvania, provides a lovely trip among orchards and farms to reach the bank barn where the winery and tasting room are located

### *New York State (Finger Lakes region)*

**Cascata Winery at The Professors' Inn  
Castel Grisch Winery and Restaurant  
Lakewood Vineyards  
Rock Stream Vineyards**

### *Pennsylvania*

**Adams County Winery**

### Wine Tip

When storing wine, place the wine bottle on its side. This prevents the cork from drying out and shrinking and allowing air to reach the wine.

### Information You Can Use

The label on a bottle of wine produced in the US notes the amount of alcohol in the wine. It can indicate the body of the wine.

10.5% or below indicates lighter body  
12.5% and more indicates fuller body

Color is another indication of body. Light bodied wines tend to be lighter in color.

Stop by these wineries who list with Wine Trail Traveler. Be sure to check the winery websites for more detailed and updated information.

**Basignani Winery**

15722 Falls Road,  
Sparks, MD 21152  
Website: [www.basignani.com](http://www.basignani.com)

**Fiore Winery**

3026 Whiteford Road  
Pylesville, MD 21132  
Website: [www.fiorewinery.com](http://www.fiorewinery.com)

**King Ferry Winery**

658 Lake Road  
King Ferry, New York 13081  
<http://www.treleavenwines.com/>  
Event: Trail Event  
“**The Grapehound Wine Tour**” July 28 & 29  
Saturday 10:00 - 6:00pm. Sunday Noon - 5:00pm

**Kluge Estate Winery & Vineyards**

100 Grand Cru Drive  
Charlottesville, Virginia 22902  
[www.klugeestateonline.com](http://www.klugeestateonline.com)

**Pearmund Cellars**

6190 Georgetown Road  
Broad Run, VA 20137  
Website: [www.pearmundcellars.com](http://www.pearmundcellars.com)

**Events: Try Redmund’s Reserve so Every Dog Has Its Day** July 14 & 15 **Cost: SPCA donation**  
**Gourmet Dinner in our Vineyard**  
July 28 **Cost: Yes**

**Veritas Vineyard & Winery**

145 Saddleback Farm  
Afton, Virginia 22920  
Website: [www.veritaswines.com](http://www.veritaswines.com)  
**Events: Starry Nights** **Cost: Yes**  
July 14, August 11, September 8

**The Winery at La Grange**

4970 Antioch Road  
Haymarket, VA 20169  
Website: [www.wineryatlagrange.com](http://www.wineryatlagrange.com)  
**Events: Bottling Day** July 27 Call/Email to volunteer  
**Winemaker’s Dinner**  
August 4 **Cost: Yes**

**Wine Fun**

Frozen fruit is the perfect way to keep wine cool on a hot day. Simply freeze grapes, slices of peaches or nectarines and add to your glass of wine. What about frozen melon balls? Serve and enjoy!

**FAQ**

“Why did you create the Wine Trail Traveler website?”

After visiting a few wineries and enjoying the experience of meeting others and the ambience, we chanced to meet a professional who said, “I would like to visit wineries, but I have no idea what to do.” This was our “tipping point” and so began our quest to develop a website devoted to inspiring and informing consumers to develop an appreciation of the wine culture by visiting wineries and vineyards.

*“A meal without wine is like a day without sunshine.”*

*Jean-Anthelme Brillat-Savarin*



Lighter bodied wines tend to be lighter in color while fuller bodied wines tend to be darker in color. Can you tell which wine is the light bodied Riesling and the full bodied Chardonnay?