

Volume 2  
Issue 4  
April 2008

# Wine Trail Traveler Newsletter

## Northwest Wine Country Journey

We enjoyed traveling to Oregon where we met friends and family, while visiting 15 wineries. In addition, we visited four of Washington's wineries along the Columbia River. The areas along the Columbia River have outstanding views with the water flowing swiftly, high cliffs and Mount Hood in the distance.

Wineries in the northwest section of the US are as welcoming as other wineries we have visited. Wineries tend to view themselves not so much as large or boutique but for the excellence of their wines. The majority of these wineries emphasized the quality of their wines and their interest in improving their wines. They also emphasized their interest in sustainable vineyards and some are beginning to offer certified organic wines.

The wineries we visited were in the Columbia Gorge AVA, Columbia Valley AVA and the Willamette Valley AVA. We did notice that most of the wineries used Riedel stemware and we had the opportunity to use the renowned Oregon Pinot Noir glass. If you are wondering if it made a difference, we think it did. However, there are many other fine pieces of stemware on the market.



*The glacier capped Mt. Hood in the distance towers over the vineyards at Pheasant Valley Vineyard and Winery in Hood River, Oregon.*

The amount of rainfall varies drastically along the Columbia River east of Portland. At Maryhill Winery in Goldendale Washington, we discovered the area is considered desert and only receives about eight inches of rain per year. Farther to the west, rainfall measures over 50 inches. One winery general manager informed us that the

rainfall in the area decreases by one inch for every mile east one travels. The forty-mile stretch along the Columbia River offer many different terroirs. Most of the grapes grown in the world can be grown along this 40-mile stretch.

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*Hillside vineyards and winery at Sokol Blosser in the Willamette Valley, Oregon.*

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The Willamette Valley is a V-shaped valley 100 miles long, 60 miles wide and home to over 300 wineries. It is the coolest grape-growing region in Oregon and known worldwide for their Pinot Noir. There is abundant rainfall and cool nights in this area. On six of the eight days of our visits it rained, sleeted or snowed, and the sun would appear. We could literally wait a few minutes and the weather would change. At Erath Winery I took a photo of stainless steel wine tanks gleaming in the sunshine. We then went into the barrel aging room for five minutes and when we came out there was near blizzard conditions and the snow masked a vineyard just a few yards away. We visited wineries along flat land, off busy highways and on less populated hillsides. Some of the hills reminded us of our visit to wineries in the Tuscan countryside of Italy.

If you travel to Oregon or Washington, it is definitely worth your while to visit northwest wineries.

K.S. and T.S.

***Wine is sunlight, held together by water.***

***~ Galileo***

## Sustainability in Wineries and Vineyards

With more than 5000 wineries in the United States, it is important that environmentally friendly practices are in place in both the vineyards and in wineries. Oregon takes this task seriously and leads the way with LIVE. We discovered this wonderful program while visiting Oregon. The initials LIVE stands for Low Input Viticulture & Enology, Inc. Certification by LIVE means that the vineyards use sustainable growing practices, based on a comprehensive list of practices and prohibitions. Detailed records of vineyard practices must be kept for inspection.

Objectives include looking at a vineyard as a whole system, creating a viticulture that is viable economically, creating high quality fruit, using practices to reduce use of chemicals and fertilizers, promoting farming practices that encourage biological health in the entire vineyard and promoting stewardship of the land.

For many informed consumers, environmentally safe practices are important to them when buying goods and services. LIVE allows wineries with certification to use a special image to identify its wine bottles. Since participation in LIVE is voluntary, wineries may be using sustainable methods but not belong to LIVE.



Once a vineyard has received certification, they must continue to submit information each year to maintain their certification. About every three years, the certified wineries will be inspected again. Some of the wineries we visited in the Northwest already have achieved LIVE certification including: Kramer Vineyards, Ponzi Vineyards, Sokol Blosser Winery and Willamette Valley Vineyards.

As we continue our travels to wineries, we will be looking for more wineries and vineyards that practice sustainability and those that belong to LIVE.

K.S.

For more information about [LIVE](#)

## Giving a Little of Yourself

We have three opportunities we can suggest if you have time or a little extra change in your pocket.

### **Francis House – A Home and a Family for the terminally ill**

Francis House in Syracuse, New York is a home away from home for those suffering from terminal disease with a prognosis of six months or less. Indeed, this is a home, with a kitchen staffed by volunteers, a great room, chapel and individual resident rooms. The goal of Francis House is to provide comfort. If you live near Francis House consider donating your time or if you are farther

away try to donate some of your "pocket change."

Francis House  
108 St. Michaels Avenue  
Syracuse, NY 13208  
[Website](#)

### **March of Dimes March for Babies**

Having a premature baby can be an emotional roller coaster. We know from experience how stressful it can be. If you want to support the March for Babies, consider donating at [Website](#).

### **American Cancer Society**

The American Cancer society is sponsoring a Relay for Life. This relay will celebrate survivors of cancer, remember the people we have lost and support the lifesaving mission of the American Cancer Society. Consider sponsoring a team or Kevin Sullivan at Salisbury University.  
[Website](#)

K.S.

# Food and Wine

## Wine and Food Pairing

The old adage regarding pairing food and wine was: white wines white meat and red wines with red meat. Today that is no longer a suggested way to deal with wine and food pairings.

Some believe that more needs to be considered when pairing foods and wines while others think that anything goes. However, the simplest rule is to choose a wine that you like.

For anyone who would like to know about pairings: consider the body of the wine, the residual sugar, and the taste. A light-bodied wine would be good with fish while a full-bodied wine would be excellent with beef. Residual sugar can give you an idea of how sweet the wine is. Residual sugars can vary greatly. Fortunately, many wine bottle labels indicate the RS level. If it does not, be sure to ask, whether you are at a winery or wine store. Taste is important. Do you want a floral, fruit, vegetable, mineral or a combination for the bouquet and tastes?

Keep these ideas in mind. Always use a good quality wine. Wine does not need to be expensive to be good quality. There are many good wines on the market under \$15. Remember that the same grape varietal will provide a different taste depending on the vineyard and winemaker's style.

Be kind to your guests. Some people cannot drink red wines or may even dislike them. Always have a white wine on hand.

Most important enjoy your wine, dinner and guests!

If you would like more definitive pairing information go to the [Food and Wine Charts](#) on the website.

Have a recipe that uses wine as an ingredient? If you'd like it published on Wine Trail Traveler send it to [kathy@winetrailtraveler.com](mailto:kathy@winetrailtraveler.com).

When you try a recipe, we hope you will take a moment to email us at [kathy@winetrailtraveler.com](mailto:kathy@winetrailtraveler.com) and let us know your experience with the recipe. If you would rather, join the Wine Trail Traveler forum and comment.

## Recipes with Wine

### Inniskillin Icewine and Thyme Grilled Fig Salad with Gorgonzola and Sherry Dressing

recipe by Izabela Kalabis

#### Ingredients:

8 ripe figs  
125g (1/4 lb.) gorgonzola cheese  
4 cups mixed greens - watercress, arugula, endive, mizuna, red oak, etc.  
1/2 small fennel, roasted  
2 tbsp. hazelnuts, skin removed and toasted  
Dressing:  
1 tbsp. shallots, minced  
1 tsp. roasted garlic, (see note below)  
salt, pepper  
1 tbsp. Inniskillin Icewine (Vidal or Riesling)  
2 tbsp. sherry vinegar  
5 tbsp. olive oil  
1 tbsp. hazelnut oil  
pinch of thyme  
25g (2 tbsp.) butter  
2 tbsp. Inniskillin Icewine  
1/2 tsp. crushed fennel seeds  
1 tsp. chopped thyme

#### Directions

1. Combine dressing ingredients. Season to taste.
2. Slice the cheese into small pieces and set aside.
3. Chop toasted hazelnuts and set aside.
4. Heat the butter together with 1 tbsp. of the Icewine, fennel seeds, and thyme in a small pan.
5. Cut the figs into quarters, leaving base attached. Brush with the butter, season with salt and pepper, and grill for about 4-5 min. Take off grill and drizzle with remaining 1 tbsp. of Icewine.
6. Place a piece of gorgonzola in center of each fig.
7. Toss greens and fennel in dressing and arrange on plates. Place figs on top and sprinkle with toasted hazelnuts.

Note: To roast garlic, preheat oven to 350F. Cut enough from the top of an entire garlic head in order to expose the cloves. Drizzle with 1 tsp. olive oil and sprinkle with pinch of salt and pepper. Wrap in foil and roast in oven for 30-40 minutes or until soft. Use amount needed and rest can be stored in refrigerator for a few weeks.

Can be served with chilled Inniskillin Riesling or Vidal Icewine.

Serves 4

## Wine Trail Traveler Partners

### Our Winery Partners

Stop by these wineries that advertise with Wine Trail Traveler.



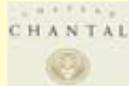
#### Basignani Winery

15722 Falls Road,  
Sparks, MD 21152



#### Black Star Farms

10844 E. Revold Rd.  
Suttons Bay, Michigan 49682



#### Chateau Chantal

15900 Rue de Vin  
Traverse City, MI 49686



#### Chateau O'Brien at Northpoint

3238 Rail Stop Road  
Markham, VA 22643



#### Dove Valley Vineyards and Winery

645 Harrington Road  
Rising Sun, MD 21911



#### Fiore Winery

3026 Whiteford Road  
Pylesville, MD 21132



#### Grove Winery and Vineyard

7360 Brooks Bridge Road  
Gibsonville, NC 27249



#### King Ferry Winery

658 Lake Road  
King Ferry, New York 13081



#### Kluge Estate Winery & Vineyards

100 Grand Cru Drive  
Charlottesville, Virginia 22902



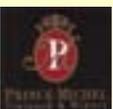
#### Pearmund Cellars

6190 Georgetown Road  
Broad Run, VA 20137



#### Pickering Winery

Rt. 187 Between Wysox and Rome  
Wysox, PA 18854



#### Prince Michel Vineyard and Winery

154 Winery Lane  
Leon, Virginia 22725



#### Veritas Vineyard & Winery

145 Saddleback Farm  
Afton, Virginia 22920



#### The Winery at La Grange

4970 Antioch Road  
Haymarket, Virginia 20169

### Our Lodging Partners



#### The Inn at Black Star Farms

10844 E. Revold Rd.  
Suttons Bay, Michigan 49682



#### Hampton Inn and Suites, Leesburg VA

117 Fort Evans Road N.E.  
Leesburg, VA 20176  
Phone (703) 699-8640



#### Hilton Garden Inn, Allentown West

230 Sycamore Road  
Breinigsville, PA 18031  
Phone (610) 398-6686



#### Hilton Garden Inn, Kennett Square

815 E. Baltimore Pike  
Kennett Square, Pennsylvania 19348  
Phone (610) 444-9100

### Our Artists Partners



#### Masten Designs

2710 Astoria Blvd. Apt. 2C  
Astoria NY 11102

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an email to Wine Trail  
Traveler.**

Phone: 410-997-8138

email:  
terry@winetrailtraveler.com