



Merry Monks

Wine Club of Cantiga Wineworks



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Living in the "Blue Zone"

Last year Netflix aired an inspiring documentary series, "Live to 100: Secrets of the Blue Zone." Coined in 2005, the term "Blue Zone" refers to the blue ink circles that Dan Buettner, National Geographic Explorer and journalist, and his team drew on maps to mark areas where people live exceptionally long and healthy lives, enjoying a high quality of life in their old age. Examples of these communities were found in Okinawa, Sardinia, Greece, Costa Rica, and even in Loma Linda, California.

After analyzing demographic data and interviewing numerous centenarians, the team identified nine common lifestyle elements shared by most of these communities that seemed to form a blueprint for a long and healthy life:

1. Engaging in physical activity (lots of walking, gardening by hand, etc.)
2. Having a sense of purpose
3. Downshifting each day to reduce stress (meditation, prayer, happy hour, etc.)
4. 80% rule – eat until you are just 80% full, making dinner the smallest meal of the day
5. Eating a Mediterranean diet (emphasizing lots of vegetables of all colors)
6. Drinking wine moderately and regularly (1-2 glasses per day), with friends and food
7. Feeling a sense of belonging
8. Prioritizing loved ones (keep aging parents in home or nearby)
9. Belonging to a social circle that reinforces healthy behaviors

As winemakers, number 6 obviously resonated with us. We would never suggest that wine is some sort of magic elixir of life, regardless of its known benefits to heart, gut and brain health. And certainly, there are those for whom it may not be the right choice. However, the moderate enjoyment of wine has long been known to promote both social connection and stress reduction, which are two central elements of a Blue Zone lifestyle.

For thousands of years, wine has been an integral part of the Mediterranean diet, considered one of the healthiest diets on the planet. The fact that wine aids digestion probably has a lot to do with its inclusion in the Mediterranean diet. (And as we all know, the right wine can pair with foods and elevate our enjoyment of a meal.)

Additionally, from the beginning of recorded history, wine has had a special place in our social fabric; it has always been the drink for sharing, marking important occasions, and bringing people together.

In the spirit of spreading joy and social connection, we are delighted to share some very special wines for you to share during your holiday gatherings. We wish you health and happiness this season and in the coming year.

Thanks so much for your continued support!

ESTATE WINERY & TASTING ROOM: 5980 Meyers Lane, Somerset, CA 95684

www.cantigawine.com

Included in your shipment:

2016 Cabernet Sauvignon, El Dorado

Harvest Brix: 25.7 pH: 3.58 TA: 4.55 Alc: 14.5% RS: 0% ML: 0%
Cases: 234 Barrel age: 3 years in mostly neutral European oak

A stunning example of classic-style Cabernet Sauvignon, this wine has a robust, yet elegant structure and balance, lush cherry fruit, and signature pyrazine (bell pepper) notes. You might also detect baking spices (e.g., nutmeg and cinnamon). Although these can be quite subtle, they can really stand out with the right food pairing. This vintage has really developed over time into a wonderfully balanced, full-bodied wine. It will shine with prime rib, Beef Bourguignon, mushrooms, lentils, and much more.

2016 Troubadour, El Dorado

Harvest Brix: 25.3 pH: 3.43 TA: 5.19 Alc: 14.8% RS: 0% ML: 0%
Cases produced: 223 Barrel age: 3 years in mostly neutral European oak

This vintage of our signature Cabernet-Shiraz blend is blowing us away! It consists of 66% Cabernet from Goedeck Vineyard and 33% Shiraz from an Australian-clone planting—both grown in Fair Play. It's a marriage of concentrated cherry characteristics from the cabernet, and decadent pepper and blueberry notes from the Shiraz. The wine is rich and velvety—an amazing treat for the holidays. In terms of food pairings, you can treat it similarly to a cabernet, but it will also shine with Indian and Mediterranean dishes.

Special Library Semillon releases for the holidays:

We are pulling out some exciting vintages for the holidays! Our Estate Semillon is known for its lush apricot and apple characteristics, and its complex, medium body. The fact that we ferment it to dry (0% residual sugar) makes it very versatile with food and the perfect companion for your holiday turkey, ham, or butternut soup. It also pairs well with sushi, salmon, lobster, scallops, and most piquant Mexican dishes. When tasting these vintages side-by-side, we were struck by their subtle variations, but also their commonalities. A fun comparison!

2018 Semillon, Estate (Library Vintage) – Cellar Groupies only

Harvest Brix: 22.0 pH: 3.47 TA: 6.34 Alc: 13.5% RS: 0% ML: 0%
Cases produced: 178 Barrel age: 2 years in mixed neutral French oak and stainless

2017 Semillon, Estate (Library Vintage) – Professional Winos and Ambassadors

Harvest Brix: 24.0 pH: 3.48 TA: 5.93 Alc: 14.4% RS: 0% ML: 0%
Cases produced: 156 Barrel age: 2 years in mixed neutral French oak and stainless

2016 Semillon, Estate (Library Vintage) – Professional Winos and Ambassadors

Harvest Brix: 23.8 pH: 3.68 TA: 5.39 Alc: 14.3% RS: 0% ML: 0%
Cases produced: 139 Barrel age: 2 years in mixed neutral French oak and stainless

2015 Semillon, Estate (Library Vintage) – Ambassadors only

Harvest Brix: 25.1 pH: 3.44 TA: 5.60 Alc: 14.7% RS: 0% ML: 0%
Cases produced: 105 Barrel age: 2 years in mixed neutral French oak and stainless

2014 Semillon, Estate (Library Vintage) – Ambassadors only

Harvest Brix: 25.0 pH: 3.67 TA: 5.25 Alc: 13.5% RS: 0% ML: 0%
Cases produced: 115 Barrel age: 2 years in mixed neutral French oak and stainless