

WINE Talk: August 2018

The newsletter of Living Wines: Edition 77

We didn't quite manage to get a July newsletter out, so welcome to the August newsletter!

Over the past couple of months we have been delighted with the response to the wines that have been arriving and have been grateful for the kind words many of you have provided with your feedback.

This month we have more information about new arrivals and, as a result of a couple of errors we have made, information about some of the precious wines that we have imported over the past couple of months we have found a few stray bottles that have not been allocated.

This month we have six exciting special packs for you including one from a new Alsace producer, Geschickt. We also have another of the popular sale packs and one of our occasional Last Bottle packs of which there is only one box and this will go to the first person to order it.

We also have a very interesting Sparkling pack which contains four pet nats, a crémant and a Champagne, a pack of Premium wines with some of our best wines and a pack of mixed reds.

We have also continued the series we started in the last newsletter about the beneficial effects of natural wines on our gut health. This month we look at the effect of glyphosate-based sprays such as Roundup on our gut bacteria.

We also have a story about the Auxerrois grape variety found in Alsace which is featured also in the Geschickt pack.

For a full list of wines currently in stock and their prices see:

<http://www.livingwines.com.au/Catalogue/Catalogue.htm>

There is a link to our order form for these packs and any other wines at the end of this newsletter. But there's no need to use the order form. Just send us an email listing the wines and/or packs you would like to order if that suits you better. We'll confirm the price by return email before processing your order. Please also provide your date of birth so we stay legal (a requirement of Tasmanian legislation.)

Unexpected Wines for Sale

For various reasons we have a few treasures unexpectedly available.

There's one bottle of **Michel Gahier's 2009 Vin Jaune**, which was set aside for someone who changed their mind and did not take their reservation. It's not really practical to put one bottle back on the price list and, if no-one buys it we always have good home for it, but if you tried to buy one earlier and missed out here's your last chance before we move it into the "Sue and Roger" allocation.

We also have a case of **Michel Gahier's Macvin du Jura**, which was an unexpected surprise in our last order from him, put on a pallet in error. It took us a while to get enough information (like the price!) to be able to pay for it and work out what to charge but it is now available on our list, in tiny quantities at \$60 a bottle. Macvin du Jura is an AOC, with specific regulations describing how it must be made. It's created by boiling the juice and must of late-picked grapes and then fortifying it with eau-de-vie, which must be made at the estate and aged for at least 14 months. The alcohol kills any yeasts preventing fermentation. The Macvin then must be aged for at least a year. While the AOC was granted in 1991, this process has apparently been known since the middle ages. It is very rich and unctuous, well suited to dark winter desserts or it can be blended with Crémant (du Jura of course!) to make a refreshing aperitif.

There are also four bottles of **Michel Gahier's Arbois Trousseau La Vigne du Louis 2016**, another victim of a reservation that didn't went pear-shaped after we had already removed the wine from our list. Jura wines are a rarity and this Trousseau, which we tried again with Michel in France recently, is drinking beautifully. It's \$46 a bottle.

And the last unexpected treasure from **Jean-Pierre Robinot** is entirely due to a little piece of incompetence in a spreadsheet where an errant number made it seem like the newest shipment of **2014 Iris** (Chenin Blanc) was fully reserved when in fact there were still a few bottles free. We've actually put this back on the list so apologies if you're one of the people we told we'd sold out. It is \$103 a bottle.

Any of these wines are available with our normal 10% discount if ordered as part of a 6 bottle order.

August Arrivals

Our only arrival this month is from Dominique Andiran from the Gers. This means the 2017 vintage of his delicious, excellent value **Vain de Rû**, which is 100% Colombard. And the name? It's a play on words. The word rû means small stream. Now rû is similar to rue, the word for street where casual parties are held and this wine is perfect for casual parties, therefore he wanted to call it vin de rû. But the French appellation rules govern the size that the word Vin can be displayed on the labels and he wanted the letters to be big, so he changed it to Vain!!! So this, slightly disguised, is a street wine.

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There's also some 2017 Magnus, which in this vintage is 100% Merlot. (normally it would have 20% Tannat but he had problems with the Tannat in 2017 so made the wine only from Merlot. It's juicy and sweet and will also be excellent value

We'll also have smaller amounts of **Soyeux 2014**, a sweet wine made from 100% Gros Manseng, the same grape that is used to make many of the gorgeous sweet wines in nearby Jurançon. Dominique calls this wine Soyeux because he found a reference to sweet wine of the moelleux in a book quoting Henry IV and the word he used was soyeux which is the French word for silky. It has 60 grams of residual sugar.

Look out for an email towards the end of the month with the pricing once the wines are available.

September Arrivals

In September there will be new wines from Domaine de la Garrelière, Escarpolette, Julie Brosselin , Samuel Boulay, Sylvain Bock, Domaine Saint Nicolas, Mylène Bru, Hervé Villemade and a miniscule allocation from Mito Inoue.

Pack 1: Sale Pack Six Bottles – Massive Discounts



This month our popular sale pack comes from 6 different winemakers from widely separated geographical locations. As always our sale packs represent extraordinary value for money, but we have to do regular “clean-outs” of existing stock so that we can make room for the many new arrivals that are either on boats on the way here or at the Hillebrand warehouse in France getting ready to be shipped.

We begin the pack with a beautiful red from Loire producer Hervé Villemade. This wine is made up from three different parcels of purchased grapes due to the poor harvest experience by Hervé in the disastrous summer of 2016. He managed to buy very good grapes from three different parcels each of which had different varieties planted. So he felt it was joining together “bits of string” – hence the name “Bout de Ficelle”.

The next wine is a white made from two thirds Chardonnay and one third Grenache Blanc by Sylvain Bock in the Ardeche. This is a beautifully balanced wine with lovely acidity and freshness.

A bigger, but still delicious, wine comes from the Languedoc made by the talented Julien Peyras. This one combines Clairette, Grenache Blanc and Roussanne to produce a fresh but powerful wine that is perfect for rich fish or chicken dishes.

Readers of this newsletter will know how much we enjoy the vibrant wines of Nicolas Carmarans from the central area of France called the Aveyron. Here the local grape is Fer Servadou which makes delicious, lively, light and fresh wines (11% alcohol in this case).

Up in the Loire, Jacques Fevrier makes most of his wines from Sauvignon Blanc, Pinot Gris, Cabernet Franc and Gamay. His wine called A Bout and is made from the very rare Abouriou grape variety which we really like. This wine exhibits very fine tannins and is drinking very nicely now.

And from the same area and made by Jacques’ mentor at La Paonnerie we have another white wine made from Chenin Blanc. Don’t be surprised at the appearance of the word Pineau on the label – this is the local name for Chenin Blanc!

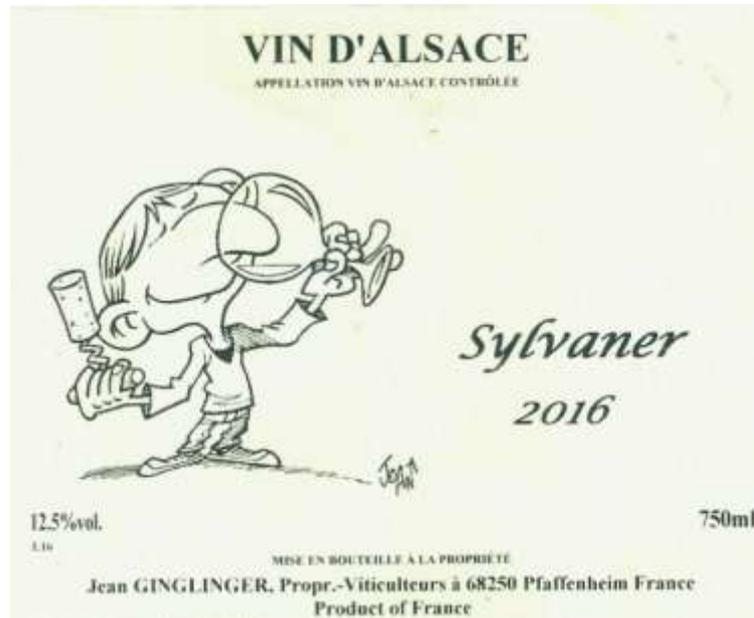
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- Hervé Villemade Bout de Ficelle 2016
- Sylvain Bock Faux Sans Blanc 2015
- Julien Peyras Les Copains d'Abord 2015
- Nicolas Carmarans Maximus 2014
- Jacques Février A Bout 2015
- La Paonnerie Coteaux d'Ancenis Pineau l'Ancêtre 2015

The RRP for this selection of 6 wines is \$224 but the pack price is only \$130 including freight to most Australian cities.

Pack 2: Last Bottle Six Pack – 20% Discount!

Remember: There is only one pack – first in first served



Once again we are pleased to be able to offer a collection of 6 unrelated bottles where we only have one bottle of each left. We offer a 20% discount for the first person who sends us an email ordering this pack.

Opi d'Aqui Les Cliquets 2015 – This wine has been made from 100% Grenache Noir which came from a small plot (0.8 hectares) near the town of Vendémian which lies approximately 16 kilometres south-east of Clermont-l'Hérault. The soils here are clay over limestone. The process was started using whole bunch, cold carbonic maceration for 3 weeks. It was then aged in stainless steel tanks for 6 months. It was bottled without fining or the addition of sulphites to preserve its freshness. It is a red wine, but very light in colour.

Jolly Ferriol Va Nu Pieds 2014 – Va Nu Pieds means “go barefoot” and conjurs up the image of summertime drinking at the beach or barefoot at a barbecue. It is a fresh, bright, lively wine. The grapes (Carignan and Grenache) have undergone carbonic maceration and the wine was then matured in old wooden barrels. The wine is then transferred to tanks to allow the sediment to settle before it is bottled without filtering or fining.

Jean Ginglinger Sylvaner 2016 – The production of Sylvaner in Alsace almost halved between 1958 and 2006 in favour of Riesling, however since 2006 it has undergone a revival as some young winemakers, including Jean have started making exemplary wines using this grape. Sylvaner was also recognised as a quality grape by the French INAO which created two Grand Cru appellations based on Sylvaner. Jean's vineyards are in the south of Alsace where it is recognised that the best Sylvaner comes from. This wine is well worth a try to savour the flavours of this truly interesting grape variety. Jean describes this wine as thirst-quenching and lively and we can but agree. He also says that it matches well with seafood and salads.

Sylvain Bock La P'tite Goutte 2015 – The La P'Tite Goutte is an exciting red wine from Sylvain Bock that is light, delicious and smashable. It is made from Grenache which has been fermented using carbonic maceration where the juice has been taken off the must three times to ensure it did not become too tannic. The result is a delicious, eminently drinkable light red wine that provides a window into the more serious Neck cuvée also made from Grenache. Sylvain is an amazing winemaker with an intuitive feel for what will work with the bounty the vines have delivered to him!

Causse Marines Causse Toujours VdF 2011 – The Causse Toujours is a special cuvee that was created in 2011 because the yield from the Syrah plot at the top of the hill was so low that it was not possible to make the Sept Souris which is always made from 100% Syrah. This wine is made from the Syrah which provides silkiness, spice and body and some Prunelart (a local ancient grape that is being revived in the area by Patrice and some of his fellow vigneronns in the area) from young vines to provide a more rustic element to the wine. The wine is a deep purple colour with lots of spice and pleasant tannins at the front of the mouth. The Prunelart adds a touch of mystery and fruitiness that you would expect from the parent (father) of Malbec.

Bainbridge and Cathcart Rouge Aux Levres 2015 – This wine is made from the red Grolleau Noir (aka Groslot Noir) grape that is only found at this end of the Loire Valley and rarely seen as a single varietal. The very old vines thrive in red clay and schist soils. The grapes underwent three weeks of whole bunch semi-carbonic maceration (the juice is not drained so both carbonic and alcoholic fermentation occur). Toby does not like to add carbon dioxide so uses a double lidded system in the tank to trap the ambient gas. The wine shows very fresh berry aromas and flavours, soft tannins and lots of juicy goodness. It tastes very fresh. The wine has a little carbon dioxide in it as a preservative, so you might detect a bit of 'fizz' at the beginning when the glass is first poured. The vines are very old (at least 85 years and some possibly over 100 years old) giving rise to a beautifully structured wine which exhibits considerable charm.

The RRP for this selection of 6 wines is \$201 but the pack price is \$160.80 including freight to most Australian cities.

Pack 3: Geschickt Alsace 6 pack



We are delighted to represent the amazing wines of Domaine Geschickt from the Alsace region in north-east France. Their vines grow in the best terroirs surrounding the village of Ammerschwihr including the Grand Cru vineyards of Kaefferkopf and Wineck-Schlossberg. They are also not afraid to experiment with skin contact to produce a wine like Phénix which is a skin maceration Pinot gris

Geschickt Petillant Naturel 2017 – This wine has everything. It is not sweet, the bead is fine, the acidity adds to the taste sensation without dominating and it lingers for a long time. It is made from Pinot Auxerrois and some Muscat. There are no added sulphites in this wine and the alcohol level is an appealing 11.5%. And, of course, the best thing is that it is a pet nat. We have been importing pet nats for a long time and they have become incredibly popular in Australia. This one will not disappoint. It is fresh, it is vibrant, it is dry, it has lots of energy, it has fine bubbles and it is very, very tasty.

Geschickt Crémant d'Alsace Double Zéro 2015 – This wine is a crémant sparkling wine which is called double zero because, as Aurelie Fayolle explained to us it has zero sulphites and zero added sugar (dosage). It is an "assemblage" of four grape varieties, namely Chardonnay, Pinot Blanc, Auxerrois and Riesling. The grapes were picked by hand then pressed slowly in a pneumatic press. The first fermentation was entirely with natural yeasts. The wine was then bottled for the second fermentation and the wine was matured "sur latte" to gain extra complexity. No sulphites or sugar have been added to this wine at any time.

Geschickt AOC Alsace Phénix 2017 – This is a skin contact (orange) wine made from Pinot Gris and a small amount of Gewurztraminer from the Kaefferkopf Grand Cru vineyard. Like the maceration Pinot Gris we import from Jean Ginglinger this one is a deep pinky orange colour. The maceration continued for one month which has nicely developed the colour and the tannin structure in this wine. It was matured in steel tanks.

Geschickt AOC Alsace Pino 2015 – This is a blend of two Pinot grape varieties, namely Pinot Gris and Pinot Auxerrois with some of the Pinot Gris coming from the amazing Grand Cru Kaefferkopf vineyard for added complexity. The vines are planted in complex terroir in several plots around Ammerschwihr which sees soils made from alluvial clay, marl, granite and limestone. This is fortunate because Pinot Auxerrois has a particular affinity for limestone and when grown in limestone also adds weight to a blend. (See the more detailed story about this grape variety later in this newsletter.) The wine is blended and put in old wooden foudre to mature for 18 months. The wine is not fined nor filtered and no sulphites are added at any stage of the winemaking process.

Geschickt AOC Alsace Grand Cru Kaefferkopf Riesling 2015 – A Riesling hand-harvested from the complex terroir of the Grand Cru Kaefferkopf vineyard where the vines are old and the yield is very low. It was aged for 14 months in foudre and old barriques. This eastern-facing vineyard which sits at about 300 metres above sea level is very famous and thoroughly deserves the Grand Cru status. The soils are derived from both granite and limestone which are responsible for the complex minerality found in wines made from these vines. The Riesling is complex, generous and quite intense. It has wonderful acidity which gives the wine a freshness which is very appealing.

Geschickt AOC Alsace Pinot Noir 2016 – This beautiful Pinot Noir was made from grapes picked from their vineyards Soot and Hochstaden where the yields are very low. However, low yields often produce much better wines as fewer grapes are competing for the goodness being fed into the vines from the soil. After a careful selection of grapes for ripeness the juice is macerated on skins for two weeks before pressing and then being transferred to old wooden foudre where it matured for 14 months. The wine is not fined or filtered and no sulphites are added at any stage. The bottle is closed with a DIAM closure and the alcohol level is a very balanced 13%.

The RRP for this selection of 6 wines is \$308 but the pack price with a 15% discount is only \$261.80 including freight to most Australian cities.

Pack 4: Mixed Reds 6 pack – 15% Discount



This pack consists of six good value red wines

Stephane Guion Bourgueil Prestige 2013 – When this wine first arrived in Australia it was quite tight and unforgiving. We put it aside in our warehouse to relax for a couple of years and the effect has been amazing. It now opens up to reveal the true nature of the Cabernet Franc grapes from which it was made. This wine comes from some of Stephane's best plots and oldest vines in this prestigious appellation.

Sylvain Bock Les Grelots 2015 – This is the first time we have been able to buy this very tasty wine! It is named after the three grape varieties used for the wine. GRE is for Grenache Noir, LOT references the Merlot and the S stands for Syrah. This combination produces a wine that has complexity and structure while maintaining freshness and drinkability.

Opi d'Aqui Ménage a Trois 2015 – The name "Ménage à Trois" arises because the wine has been made from grapes picked from three different plots of Grenache Noir, the grape variety so beloved of the Languedoc and the Clermont l'Hérault area in particular. The grapes were destemmed and then left to macerate for 3 weeks. The juice was then transferred to old barrels for 6 months and then to stainless steel tanks for another six months. It is elegant, it is light (though not as light as last year) and it has been made with skill and care. This is a great wine for year-round drinking.

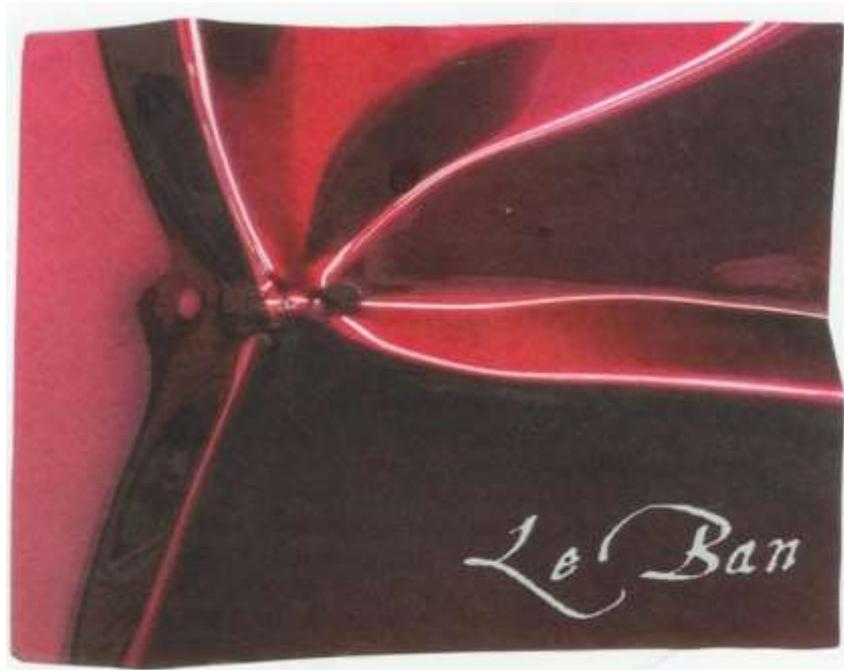
Nicolas Carmarans Mauvais Temps 2014 – The Nicolas Carmarans Mauvais Temps is a particular favourite. This light, but complex red wine from the Aveyron in central France is lively, exciting, delicious and leaves you wanting more! The wine comprises three grape varieties, namely 40% Negret de Banhars, 50% Fer Servadou (known locally as Mansois) and 10% Cabernet Franc. The grapes undergo semi-carbonic maceration in 15 hectolitre conical wooden tanks for 20 days and the juice is then transferred to old barriques for 12 months. The vineyard is very steep with narrow terraces covered with native herbs in a stunning valley near the village of Campouriez.

Mylène Bru Far Ouest 2014 – Far-Ouest has a film connection because of Mylène's passion for film from an early age. She loved Clint Eastwood in 'The Good, The Bad and The Ugly' and also admires French New Wave director Francois Truffaut who used the metaphor of the Wild West to shape his films. It is a blend of all the red grapes in her vineyard so it has some Grenache, Syrah, Carignan and Cinsault but might also have a little Marselan and Aubun (an obscure grape from the Vaucluse) depending on the vintage.

Domaine Montanet-Thoden Bourgogne Cuvee Garance Rouge 2014 – This red burgundy is a very good example of a red wine from the Vezeley region. The end result is influenced by the fossilised limestone soils that are found here - giving the wines a lively minerality. The grapes for this wine are hand-picked from the small plots of vines, destemmed, fermented with native yeasts and matured in old oak barrels. Little sulphur is added to the bottle to maintain the freshness of the wine.

The RRP for this selection of 6 wines is \$242 but the pack price is \$205.70 including freight with the 15% discount.

Pack 5 Mixed Premium Wines – 15% Discount



This pack is a collection of 6 premium wines, all with good aging potential, that we have assembled from different areas of France. They also represent six different grape varieties, namely Riesling, Chenin Blanc, Pinot Noir, Pinot Gris, Serine/Syrah and Pineau d'Aunis.

Geschickt AOC Alsace Grand Cru Kaefferkopf Riesling 2015 – A Riesling hand-harvested from the complex terroir of the Grand Cru Kaefferkopf vineyard where the vines are old and the yield is very low. It was aged for 14 months in foudre and old barriques. This eastern-facing vineyard which sits at about 300 metres above sea level is very famous and thoroughly deserves the Grand Cru status. The soils are derived from both granite and limestone which are responsible for the complex minerality found in wines made from these vines. The Riesling is complex, generous and quite intense. It has wonderful acidity which gives the wine a freshness which is very appealing.

Mosse Initials BB 2016 – This famous white wine from Agnès and René Mosse is made from a small plot (.67 hectares) of the oldest vines from the amazing Bonnes Blanchés vineyard which is comprised of sand and clay over schist. Like the Le Rouchefer it is a white wine made from 100% Chenin Blanc. The vines are from a little section of the vineyard where the best vines grow and where the vines are over 35 years old and the yield is very low at only 20 hectolitres per hectare. The wine is aged in wooden fûts for at least 12 months. Grapes are picked by hand on this domaine. This is a very good food wine with a mineral edge, lots of complexity and a very long finish. If you want to experience an elegant Chenin Blanc, then this is the wine to try.

Derain St-Aubin Le Ban 2015 – Le Ban is one of the best wines from the Derain vineyards! The 2015 was a great vintage! This wine shows just how good wines can be from the emerging but underrated appellation of Saint-Aubin. The vines here thrive on an east facing slope covered in limestone derived clay and gravel. This is a lovely wine with an

appealing cherry and strawberry fruit flavour, a core of acidity, great freshness, an underlying spiciness and perfect balance. Great drinking now and into the future.

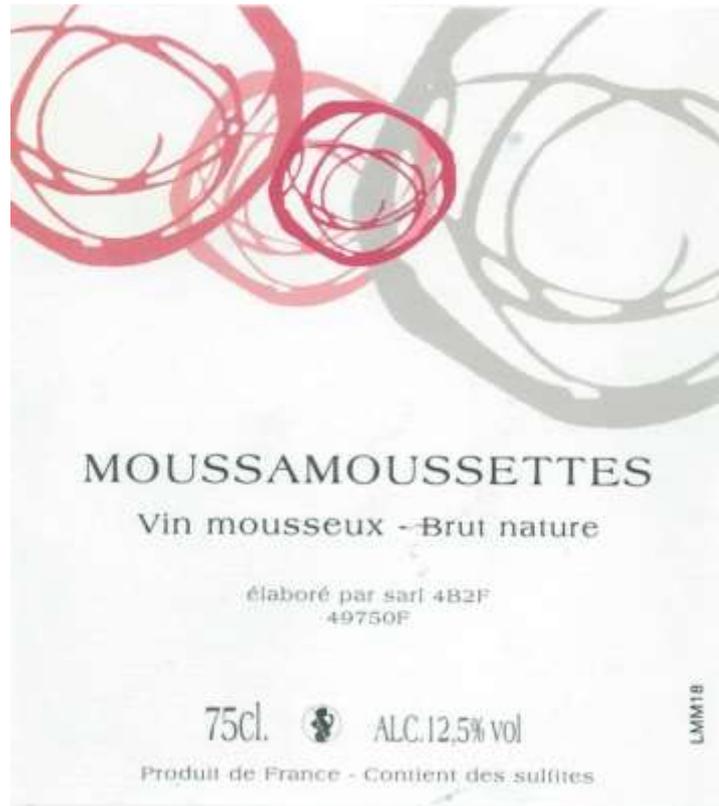
Jean Ginglinger Pinot Gris Steiner 2015 – The vines from which this wine is made are from the area called Steinert which is a Grand Cru area. Jean, however, does not apply for Grand Cru status because he doesn't like the level of residual sugar required for this appellation. In this case it is Pinot Gris that has been used to make this incredibly interesting and complex wine which finished much drier than most wines produced here. As always with this amazing vineyard the finish on the wine is very, very long. The flavour and the texture of the wine lingers for ages.

Jean-Michel Stephan AOC Côte-Rôtie 2014 – This vintage is a mixture of Syrah, Sérine and a little Viognier. Uncommonly for the northern Rhone, Jean-Michel uses carbonic maceration for his red wines. It was matured in stainless steel tanks for a period of twelve months before bottling. 2014 was a difficult year for Jean-Michel and “so he could sleep” he added a small amount of sulphites to his wine. At a recent tasting it was drinking beautifully. It has all the notes that you expect from Syrah and Sérine such as cherries, blackberries, cinnamon, liquorice and little bursts of violets. There is also a lovely expression of minerality derived from the elements in the gneiss and granite soils in which the vines thrive. There are also very attractive silky tannins that envelop you. But it is the incredible freshness, finesse and liveliness that really stands out with this lovely wine - it is definitely a living wine and so engagingly different to some of the brutal monsters found in this region. The alcohol level is only 12%.

Jean-Pierre Robinot Nocturne 2013 – This wine is made from grapes picked from vines in the Jean-Pierre's best vineyard where the vines for this wine are a minimum of 80 years old. This red wine is made from the spicy Pineau d'Aunis grape and the wine has been matured for 12 months before bottling! The Nocturne is aged on lees in very old barrels. No filtering, no fining and no sulphur. These wines are made without the use of any sulphites, but Jean-Pierre is an extraordinary winemaker who understands exactly how to preserve wines using tannins rather than additions to the wine. We have been lucky enough to have many old Pineau d'Aunis bottles made by Jean-Pierre that were still as fresh as the day they were bottled.

The RRP for this selection of 6 wines is \$496 but with the 15% discount the pack price is \$421.60 including freight.

Pack 6: Sparkling 6 Pack – 15% Discount



This pack brings together 4 pétillant naturels (pet nats), one crémant and one Champagne. Each is a brilliant example of the style and the 4 pet nats demonstrate brilliantly how different winemakers can create completely different styles within the pet nat genre.

Geschickt Crémant d'Alsace Double Zéro 2015 – This wine is a crémant sparkling wine which is called double zero because, as Aurelie Fayolle explained to us it has zero sulphites and zero added sugar (dosage). It is an "assemblage" of four grape varieties, namely Chardonnay, Pinot Blanc, Auxerrois and Riesling. The grapes were picked by hand then pressed slowly in a pneumatic press. The first fermentation was entirely with natural yeasts. The wine was then bottled for the second fermentation and the wine was matured "sur latte" to gain extra complexity. No sulphites or sugar have been added to this wine at any time.

Geschickt Petillant Naturel 2017 – This wine has everything. It is not sweet, the bead is fine, the acidity adds to the taste sensation without dominating and it lingers for a long time. It is made from Pinot Auxerrois and some Muscat. There are no added sulphites in this wine and the alcohol level is an appealing 11.5%. And, of course, the best thing is that it is a pet nat. We have been importing pet nats for a long time and they have become incredibly popular in Australia. This one will not disappoint. It is fresh, it is vibrant, it is dry, it has lots of energy, it has fine bubbles and it is very, very tasty.

Jean-Pierre Robinot Fêtembulles 2017 – This is a fine example of the wine genre known as Petillant Naturels - wines that are fermented once in the bottle and then sometimes disgorged to release the dead yeast and sometimes not, depending on the winemaker.

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This wine has been disgorged after being aged for 12 months in the bottle and topped up with the same wine. It is made from 100% Chenin Blanc that has had no dosage (added sugar), therefore is quite dry. The wine is incredibly delicate with very fine bubbles and a superb, lingering finish, reflecting the careful aging that the wine has undergone. Clear and bright in the glass, this pet nat is a treat for anyone who appreciates this genre of wine.

Mosse Moussamousettes 2017 – Moussamousettes is definitely a cult wine! Every year it keeps getting better and we are more than excited about this year's offering for two reasons. The first is that many of our friends who have tried it in France this year say it is the best ever! The second is that this year for the first time the main grape variety (60%) is one of our favourite red grapes - namely Pineau d'Aunis - the same grape that goes into some of the fabulous pet nats from Jean-Pierre Robinot. We love this wine. It is delicious, limpid, very slightly sweet and the perfect aperitif for a spring or summer lunch or evening aperitif.

Vincent Carême Vouvray Ancestrale 2015 – The l'Ancestrale is a natural sparkling wine made in the pétillant style. The fermentation starts in tank and the wine is then bottled while still fermenting (at around 18-20 grams sugar) and then finishes in the bottle without the addition of any sugar and using only the natural yeasts. Vincent actually uses a small heater to keep the temperatures in his tuffeau caves to 14C to ensure that the fermentation continues during winter. He then disgorges (removes the sediment) from the bottles tops then up, seals them and puts them away for two years to mature. Despite this there is a tiny amount of residual sugar (the very hot year meant that there were fewer yeasts on the grapes) which gives the wine a pleasant balance due to the lingering acidity. This is an incredibly elegant wine that displays a distinct minerality and a very fine bead.

Champagne Piollet Père et Fils Cuvée de Reserve Brut – When we first tasted this elegant Champagne we remarked on its beautiful light golden colour, the citrus aromas and the silky freshness on the palate and very good length. The base wine is made from Pinot Noir, Chardonnay and Pinot Meunier providing additional richness. The 750 ml bottles were disgorged in December 2016. Further complexity is gained from using base wine from two different vintages to make the champagne. This is an ideal aperitif and represents amazing value.

The RRP for this selection of 6 wines is \$324 but the pack price is \$275.40 including freight.

Gut bacteria, health and natural wines: Part 2

In our most recent newsletter (Wine Talk 76) we started a series of articles about recent scientific discoveries concerning the role of the bacteria in our gut and intestines in promoting our health, the relationship between these bacteria and the foods and drinks we consume and then the role of natural wines in supporting our close friends – the trillions of bacteria that live within us. We provided some background about the vital role that is played by our gut bacteria. In this article we are going to take these ideas further and explain why natural wine helps preserve those bacteria better than conventional wine.

In the first article of this series we explained that the trillions of bacteria that live in our bodies help regulate our physical and mental health, provided our diet encourages the development of “good” bacteria and provides them with a congenial place to live.

In this article we are going to start looking at various practices relating to wine production that can have an adverse effect on the grapes used for wine and on the bacteria that live within us. In this article we will tackle the issue of systemic sprays and why they should never be used in the production of natural wines due to the effect they have on the health of gut and intestinal bacteria.

Why organic and biodynamic practices are crucial for gut health

Our food and the soil it grows in is under assault from a lethal cocktail of systemic sprays. The quantity of sprays used in agriculture and viticulture has increased dramatically over the past 70 years to the point where significant quantities of these poisons are present in almost all the food and drink we consume.

These sprays are not only damaging the health of humans they are also damaging creatures and plants that are vital for food production such as bees (without which our food chain is severely disrupted) and the mycorrhizal fungi which lurk below the surface of the soil and provide the pathways for vital nutrients to be absorbed by plants (including grape vines).

We will now examine four areas of concern:

- The increase in the use of systemic sprays
- How systemic sprays damage the soil and creatures in the soil
- How systemic sprays are taken up by plants and can't be “washed off”
- How the residue from these sprays enter our bodies and damage the bacteria that live within us by disrupting a process known as the shikimate pathway.

The increase in the use of systemic sprays

Originally, many sprays used to control pests were designed to cling to the skin of fruits or the leaves of vegetables. Our grandmothers could therefore tell us to wash the spray off the fruit before eating it.

Then along came systemic sprays. These sprays are soluble in water and can be absorbed into the tissues of plants so that when an insect bites into the plant they will absorb the poison and die.

This means, of course, that systemic sprays cannot be “washed off” the plant or fruit or grain because they have been absorbed into it. Instead, the poisons remain in the plant and we ingest them into our bodies. This has grave consequences for our bacteria as we will see shortly.

Another factor to be mindful of is that many systemic sprays contain more than the primary ingredient. Many sprays contain “adjuvants” that help the sprays cling to the leaves and skins of fruit while they are being absorbed. Many of these adjuvants are as dangerous (or break down into other chemicals that are even more dangerous) as the primary chemical in the spray¹.

This problem was raised in a recent paper² which stated, in part:

Authors of studies sometimes use the name of the active principle (for example glyphosate) when they are testing a commercial formulation containing multiple (active principle plus adjuvant) ingredients. This results in confusion in the scientific literature and within regulatory circles and leads to a misrepresentation of the safety profile of commercial pesticides. Urgent action is needed to lift the veil on the presence of adjuvants in food and human bodily fluids, as well as in the environment (such as in air, water, and soil) and to characterize their toxicological properties. This must be accompanied by regulatory precautionary measures to protect the environment and general human population from some toxic adjuvants that are currently missing from risk assessments.

None of this would matter if the level of spraying of crops was low. However, over the past fifty years there has been a rapid rise in the level of sprays used in agriculture.

The volume of sprays used now is staggering. The graph and data below show the increase in the use of sprays in the United States during the period 1990 to 2014 as recorded by the United States National Agriculture Statistical Service.

We have converted the raw statistics from pounds to kilograms for easier analysis in Australian units.

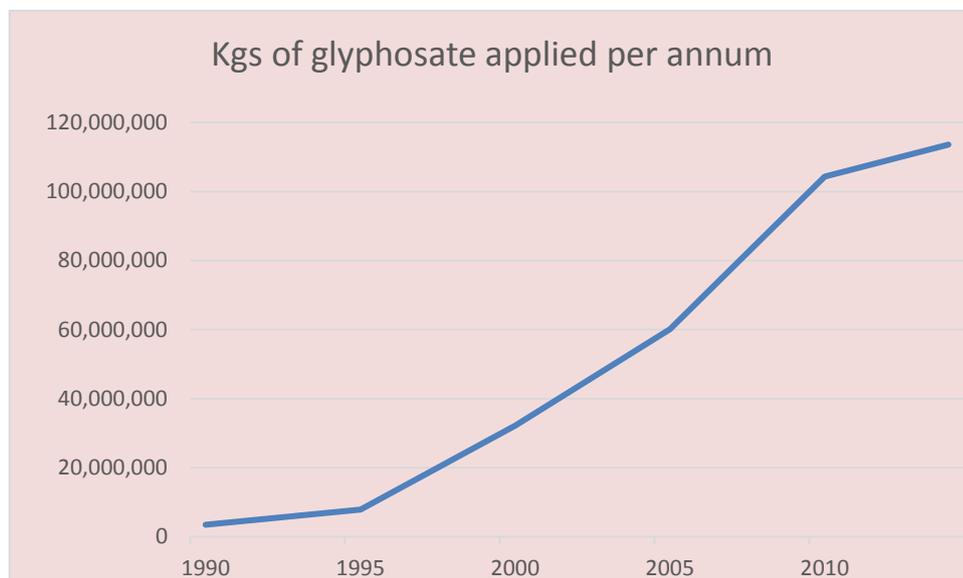
¹ Mesnage, R et al (2013) Ethoxylated adjuvants of glyphosate-based herbicides are active principles of human cell toxicity. *Toxicology*. Volume 313, pages 122 – 128.

² Mesnage, R et al (2017) Ignoring Adjuvant Toxicity Falsifies the Safety Profile of Commercial Pesticides. *Frontiers in Public Health*. Vol 5: 361.

First the data:

Year	1990	1995	2000	2005	2010	2014
Kgs	3,492,305	7,845,550	32,235,000	60,148,947	104,290,959	113,593,776

And now the graph:



As you can see in the table above the graph, in 1990 there was approximately three and a half million kilograms of glyphosate sprayed on agricultural land in the United States. By 2014 this had risen to over one hundred and thirteen million kilograms!

There is little doubt that there has been an increase in the use of sprays (we could have used data from Europe or Australia to see a similar, but not as dramatic trend).

For example, in the United Kingdom the use of glyphosate has increased by 400% in the past 20 years. What we now have to look at is whether these sprays linger in our food sources or degrade quickly as claimed by the manufacturers.

We have written before³ about the negative effects on the soil that these sprays have through damaging the insects, worms, bacteria and fungi that inhabit it. But now we want to take the discussion one step further and explore the negative effects these sprays have on humans and their health.

How the residue from sprays enter our bodies and damage the bacteria that live within us

There is broad scientific consensus that our foods and our drinks contain residues from the sprays that are so widely used in agriculture today.

³ Dyson, S and McShane, R. *It all starts with the soil: Part 4. Wine Talk Edition 74. February 2018.*

We therefore need to look at why it is so widely used and whether there are any problems caused by these sprays being in our food chain.

There are many papers that paint a grim picture of the effects of glyphosates and their adjuvants on human health. One of the most alarming is a careful study by Swanson et al⁴ which showed there is a very positive correlation between the use of glyphosates and an increase in the prevalence of disease in humans.

They were able to show that the Pearson Correlation Coefficient for the relationship between the increase in glyphosates and the increase in 22 diseases such as senile dementia (R=.994), intestinal infections (R=.974), thyroid cancer (R=.988) and diabetes prevalence (R=.971) was extremely strong.

Given that R=0 is no correlation and 1 is a perfect correlation these number are scarily high. Now we know that correlation and causation are two different things, but prudent regulators should look on these figures with alarm.

How the shikimate pathway in our gut bacteria is disrupted

But there has emerged an even more worrying issue. When regulatory approval was given for the use of glyphosates (one of the active ingredients in Roundup) it was accepted on the basis that glyphosates kill plants by disrupting the **shikimate pathway** used to help the plants grow. Plants possess this shikimate pathway but animals and humans do not, therefore it was considered safe for humans.

Let's have a look at what this shikimate pathway actually is. For plants to grow they need to absorb certain chemical elements into their cell structures. They do this with the help of 7 enzymes which are responsible for the chemical processes needed for the plant to grow. Enzymes are not living creatures but rather molecules that can assist in chemical processes within the plant – they act as catalysts for those reactions.

For those who need to know, the 7 enzymes involved in the shikimate pathway are:

- DAHP synthase
- 3-dehydroquinate synthase
- 3-dehydroquinate dehydratase
- shikimate dehydrogenase
- shikimate kinase
- EPSP synthase
- chorismate synthase

If the production of these enzymes is disrupted then the plant can no longer build the structures it needs to survive and they will die. This is what glyphosate is good at.

⁴ Swanson, N et al (2014) *Genetically engineered crops, glyphosate and the deterioration of health in the United States of America. Journal of Organic Systems. Vol 9, No 2.*

You only need to visit vineyards throughout the world to see the dead regions between the vines where glyphosate has been sprayed. Some of this poison is absorbed by the vines but not enough to kill them, only the weeds are killed.

Recently, however, more and more light has been shed on an apparently unrelated aspect of our health. And that is the role that our gut bacteria plays in keeping us healthy. We explored the development of the science behind gut bacteria in our most recent newsletter⁵. In that article we talked about the fact that bacteria comprise 90% of our living cells and we carry around an extraordinary 2 kilograms (approximately) of bacteria with us.

As we get to know more about the beneficial effects of our bacteria on our health, science has also given us a warning about the effect of glyphosates on our bodies.

While it is true that animals and humans are not directly impacted by glyphosates (because we don't have the shikimate pathway) it has been clearly established that our bacteria do⁶⁷! The presence of glyphosates in our bodies disrupts the shikimate pathway in our bacteria and prevents them from creating the enzymes that are essential for them to carry out their beneficial role in our bodies.

In a ground-breaking and very thorough paper in 2013 two researchers including one from the prestigious MIT University in Boston⁸ brought together research from a number of quarters and raised the warning about the damaging effect of glyphosate on gut bacteria:

The currently accepted dogma is that glyphosate is not harmful to humans or to any mammals because the shikimate pathway is absent in all animals. However, this pathway is present in gut bacteria, which play an important and heretofore largely overlooked role in human physiology through an integrated biosemiotic relationship with the human host. In addition to aiding digestion, the gut microbiota synthesize vitamins, detoxify xenobiotics, and participate in immune system homeostasis and gastrointestinal tract permeability. Furthermore, dietary factors modulate the microbial composition of the gut. The incidence of inflammatory bowel diseases such as juvenile onset Crohn's disease has increased substantially in the last decade in Western Europe and the United States. It is reasonable to suspect that glyphosate's impact on gut bacteria may be contributing to these diseases and conditions.

⁵ Dyson, S and McShane, R. Gut bacteria, health and natural wines: Part 1. Wine Talk Edition 76. June 2018.

⁶ Sviridov, A.V. et al (2015) Microbial Degradation of Glyphosate Herbicides (Review), Applied Biochemistry and Microbiology, Vol. 51, No. 2, pp. 188–195.

⁷ We have a large database of papers from respected scientific journals that address this topic further and confirm the fact that glyphosates entering our bodies disrupts the shikimate pathway in our bacteria as well as a number of other functions including endocrine disruption.

⁸ Anthony Samsel and Stephanie Seneff (2013) Glyphosate's Suppression of Cytochrome P450 Enzymes and Amino Acid Biosynthesis by the Gut Microbiome: Pathways to Modern Diseases Entropy 2013, 15 3

Therefore, the presence of glyphosates, even at low levels, can damage our bacteria and therefore damage our physical and mental health.

Conclusion

This is the reason why the first of the key factors in establishing whether a wine is natural or not is so important. If a wine has been made from grapes that have been subject to systemic sprays then they are a danger to our health.

This is just one reason, based on a rigorous analysis of the science why we prefer to always drink natural wine to avoid the problems with conventional wines that have been subject to systemic sprays.

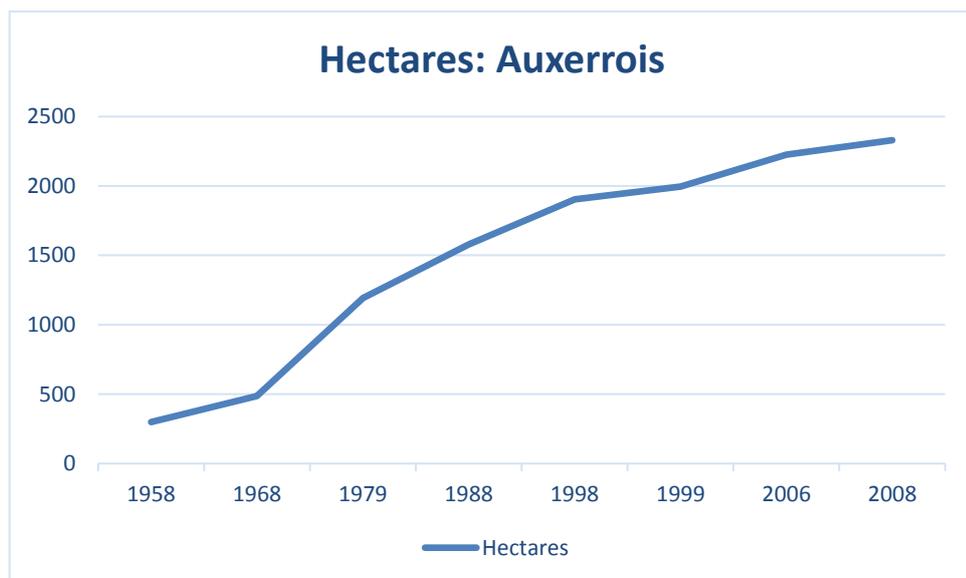
Pinot Auxerrois Grape Variety

Pinot Auxerrois (as it is known in Alsace) is a very interesting grape for making fresh, low acid, interesting wines. Although Riesling is more widely planted, the area devoted to Auxerrois is increasing every year as can be seen by the graph below.

One of the most interesting things about this grape variety is that it is a sibling of Chardonnay but, in some ways, is more interesting than its more famous family member. Both share parentage from Pinot Noir and Gouais Blanc and it is thought to have originated somewhere in the North-East corner of France, namely either Lorraine or Alsace.

However, despite Auxerrois having many proponents in the area, it is not permitted in the Grand Cru wines or the famous sweet wines of Alsace. This is a pity because the wines from our new supplier in Alsace, Geschickt really benefit from the contribution made by this grape.

As can be seen from the graph below a reasonable amount is grown in France (all in Alsace) reaching a peak of just under 2,500 hectares in 2008 and the area devoted to it is still increasing.



The vine leaves have almost the clearly defined lobes displayed for many grape varieties as shown in the photo below. They have three lobes but are not as serrated as, say, the Ploussard leaves from the Jura display.



Photo courtesy of Vitis International Variety Catalogue

The large greenish grapes are clustered into loose bunches that aid air circulation, which helps reduce disease pressure.



Photo courtesy of Vitis International Variety Catalogue

This month you will have noticed that we have on offer a special pack from our new producer in the Alsace, Geschickt. Some of those wines display the qualities of the Pinot Auxerrois grape variety admirably.

How to order

You can order any of these packs by sending us an email to wine@livingwines.com.au

Or for other wines you can use our order form or just describe the wines in an email.

http://www.livingwines.com.au/Catalogue/Order_Form_Current.pdf

WARNING

Under the *Liquor Licensing Act 1990* it is an offence:

for liquor to be delivered to a person under the age of 18 years.

Penalty: Fine not exceeding 20 penalty units

for a person under the age of 18 years to purchase liquor.

Penalty: Fine not exceeding 10 penalty units

Because of the above penalties we are now required by the Tasmanian Government to collect your date of birth in order for you to order via the Internet. We apologise for this imposition. In the past we have been able to accept a declaration that you are over 18.