

WINE Talk: October 2018

The newsletter of Living Wines: Edition 79

Welcome to the October newsletter which is the 79th newsletter we have written! Time certainly flies. When we publish our 80th newsletter in November it will mark ten years since the first one was sent out.

We certainly didn't imagine when we sent that first one out to a handful of subscribers that the mailing list would grow so large or that we would now have over 60 suppliers scattered throughout France from Alsace in the north east to Gascony deep in the south west.

There are lots of announcements in this newsletter about events we will be attending over the next couple of months including the Tasmanian takeover of Mary's in Sydney and the annual Soulfor Wine event in Melbourne that is always a great party.

There is also a story about how the appellation authorities in France are making changes to the rules to cope with increasing pressures from human-induced climate change.

We have also a story about some of the interesting reading and listening available about natural wine as well as the final piece of the three-part story about natural wine and gut health and the health of our inner microbes.

In addition, we have seven special packs for you to consider this month. There are some amazing gems at good prices for you including two packs where the discounts are over 50%. The five other packs provide a discount of 15% as well as free shipping to most cities in Australia.

We hope you enjoy this newsletter, and remember that all past newsletters are available for perusal on our Living Wines Web site.

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.)

Coming Events

We're busy over the next two months – hopefully we'll see some of our Sydney and Melbourne customers at some of these events.

Mary's Jump in the Fire – Sydney 29 October



It's a Tasmanian take-over at Mary's in Sydney on Monday 29 October. We're thrilled to be pouring some wines and especially doing it with our friend Luke Burgess. We've got the low down on his bespoke burgers for the night and have chosen some wines to match. We'll be pouring wines from our currently available list but have chosen some single bottles from our personal supplies of wines that are now well and truly sold out. Let's just say there's a lot of Jura – they match the flavour profile of Luke's burger options – and a few other specials as well. These are wines we don't let out of our sight. If we're not going to drink them ourselves we're going to be there when they are opened.

This is not a ticketed event but arrive early if you want access to the full list – there's only one of each bottle available.

From 5:30pm at Mary's, 6 Mary Street, Newtown, NSW.

Public tasting at Mary's - Sydney 29 October

In conjunction with Jump in the Fire Mary's have kindly offered us the opportunity to do a tasting, which is open to the public and the trade before the main event kicks off. We'll have some bottles open for tasting from 4pm until 5:30pm or until the wine runs out, whichever ever happens first.

We can't tell you what the wines will be but if that influences whether you come or not email us from next Saturday 27 October and we will be able to definitely tell you.

The options are wines from a new shipment which might arrive this week, in which case we should have the 2017 vintage of the Mosse family's Magic of Juju, their 2016 Travel Rosé, which sold out within days of arrival in July, but which we were able to replenish

WINE Talk – the newsletter of Living Wines

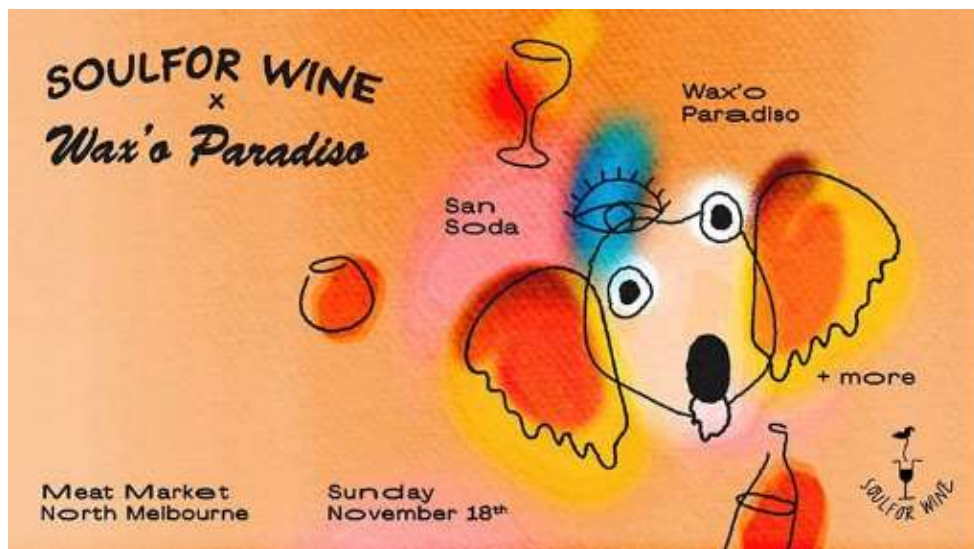
and, depending how things are looking, new wines from Opi d'Aqui, including for the first time his l'Orangeade, Julien Peyras's 2017 Rose Bohême and something else from the Loire from Marc Pesnot, Jacques Février, La Paonnerie, and/or Hervé Villemade. There will be plenty to choose from.

If that doesn't happen then we've decided to delve into the cellar and bring some of the rarer wines that we only have a few cases of – definitely some wines from Dominique Derain and Julien Altaber, and Jean-Michel Stephan's 2014 Côte Rôtie, maybe some Piillot Champagne and more.

Once again there are no tickets for this event, but we can't guarantee we will have all the wines for the whole time. Early arrival is recommended.

From 4pm at Mary's, 6 Mary Street, Newtown, NSW.

Soulfor Wine 2018 – Melbourne 18 November



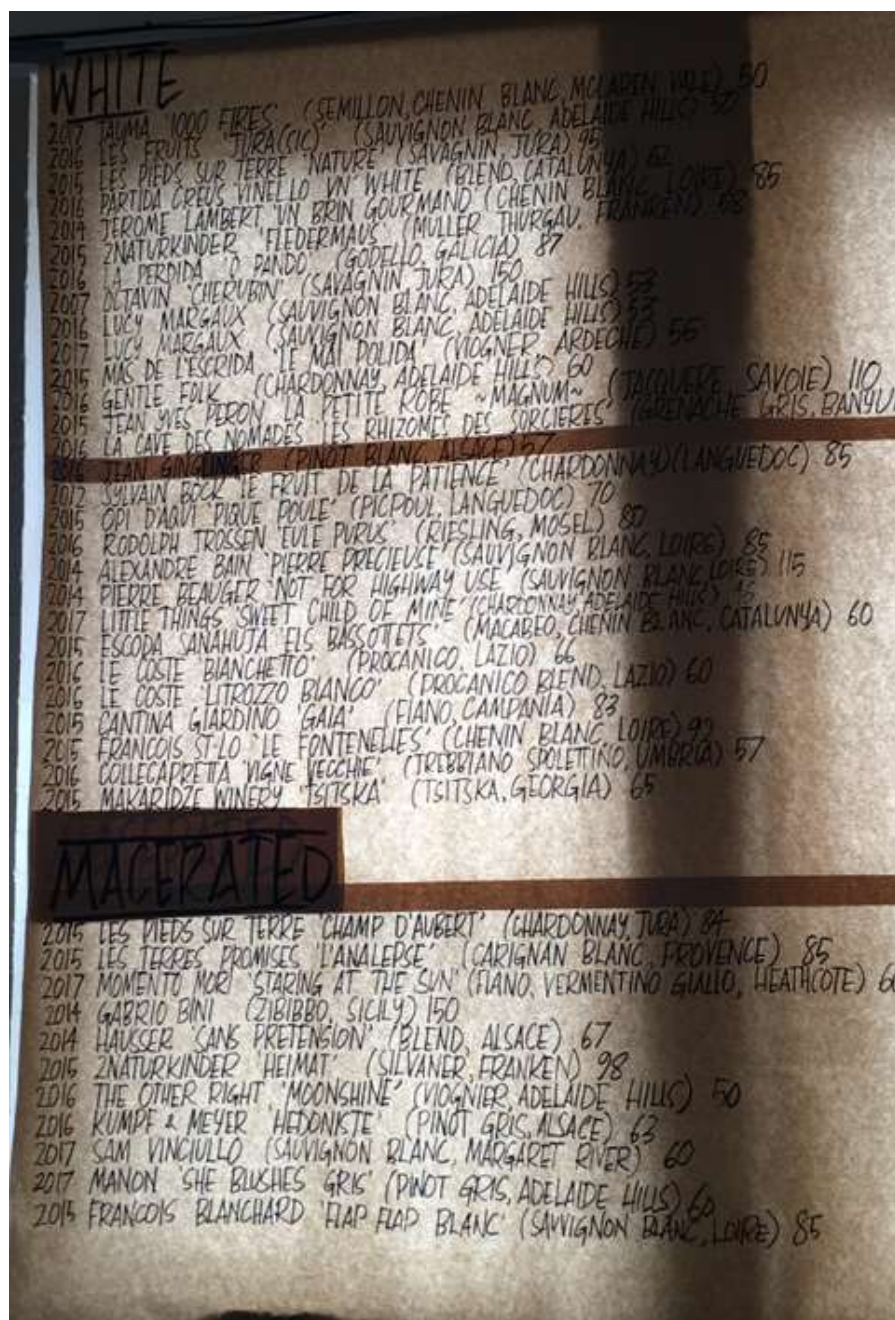
Melbourne's biggest annual wine party is happening again on Sunday November 18 at Meat Market in North Melbourne. Once again there are tastings in the afternoon (1:30pm-4:30pm) followed by a party with the Wax'o Paradiso team.

The rules for the tasting are strict – the vineyard must be farmed organically and there can be zero additions to the wine, just grapes. This means all the wines shown are made without added sulphites. At the tasting you'll meet many of Australia's best winemakers who work this way including Manon Farm, Lucy Margaux, Jauma, Travis Tausend, Limus and The Other Right. There will also be plenty of importers, including us, showing wines from other parts of the world. Come prepared to taste 180 wines or more. If you're a customer of ours, known only by email, and you come along please make sure you introduce yourself!

The big news food-wise is that Harry Lester, from Le Saint-Eutrope in Clermont-Ferrand, one of our favourite restaurants in the world is headlining a team of wonderful chefs, including Tasmania's Ali Currey-Voumard, and Josh Murphy and Dave Moyle from Melbourne.

WINE Talk – the newsletter of Living Wines

And then of course there's the bar, where Cam Burton and Liz Carey put together a wonderful selection of wines. Below is just a part of what was on offer last year.



Click [here](#) for tickets but be quick.

Meat Market Pavillion, 3 Blackwood St, North Melbourne, VIC.

What a Fizzer – Unicorn Hotel Sydney 8 December

What a Fizzer is a brilliant new addition to Australia's wine party scene and perfectly timed for the party season. It's a Pet-Nat and Grower Champagne party with a few other fizzy things as well – some fun beers and ciders too. There will be a tasting -we have some wonderful new releases lined up - and the full list of producers and importers on

WINE Talk – the newsletter of Living Wines

the ticket site is mind blowing, lots of food, music, good times, and P&V Merchants are putting together a special fizzy bottle shop, which they promise will be “one of the largest, single focus fizz collections anywhere on planet earth ever, or something like that”. And, of course. everyone needs bubbles in December and early January!

[Tickets](#) for the tasting, which is from 1pm-5pm, are \$50 (plus the booking fee) which lets you taste over 50 wines, beers and ciders and a snack pack featuring Mary's burger (vegan available) or Mary's fried chicken. But once that shuts down, the party goes until late. Sounds irresistible.

Unicorn Hotel, 106 Oxford Street, Paddington, NSW

Forthcoming imminent arrivals

We are expecting a new shipment next week and then another one towards the end of November.

Next week's shipment will have a strong Loire contingent, with wines from the Mosse family, including Magic of Juju 2017 and a repeat shipment of their wonderful 2016 Travel rosé, which sold out within a week when it first arrived in July.

We'll have some 2017 Folle Blanche from Marc Pesnot, which is in such short supply that when we visited him in July we couldn't taste it. The only bottles left in his cellar were packed on the pallet that was our order. (It wasn't such a disaster for us – he opened a bottle of the 2007 vintage to make up for the gap! It was fresh and lively making us think we should try to set some of the new arrivals aside. It won't be easy – there are only 60 bottles. We'll also have new vintages of the very popular La Bohème, as well as Miss Terre and Nuitage.

From Hervé Villemade there is Les Souchettes, a new Cheverny Blanc cuvée from the 2016 vintage, and from 2017 Cheverny Rosé Domaine, Cheverny Rouge, and just a few cases of Cheverny Rouge Les Ardilles.

Finally from the Loire there are four wines from Jacques Février of Le Raisin à Plume. His 2017 vintage was as difficult in terms of quantity as 2016 because of a repeat bout of frost so the quantities are limited and some of wines are made partly with grapes purchased from friends. Patis des Rosiers is familiar, made with Gamay from Jacques' vineyard of that name but the other three wines are new, perhaps one-off cuvées. Le Moulin Solidaire combines Jacques Melon de Bourgogne from has Le Moulin Vineyards with some from Johan Chasse in nearby St Herblon. S-M des Humeaux Solidaire blends Jacques' Sauvignon Blanc and Pinot Gris from his Humeaux vineyard (they would normally be made as separate cuvées) with a little Sauvignon Blanc from Rémy Sédes and Elsass Connexion is made from Sauvignon Blanc from Les Maison Brulees in Touraine.

The shipment also has two Languedoc producers Julien Peyras and Opi d'Aqui. We're getting a reasonable amount of Julien's Rosé Bohème 2017 and a fresh red wine, also from the 2017 vintage, called Séraphin, which is 100% Grenache.

Opi d'Aqui has the light reds we love – Massale and Le Cliquet and three 2017 whites - Mars Âne (100% Marsanne), L'Éléphant Blanc (Vermentino) and Pique Poule (100% Picpoul). But there is also L'Orangeade, a wine we have been trying to receive an allocation of for some time, which is 60% macerated Clairette with direct press Picpoul added for freshness) and a blend of Carignan and Grenache in 1 litre bottles called Fatal which is going to be very well priced.

Look out for an updated list on our website towards the end of next week or email us if you would like early warning once we have the prices. We don't plan to put out a special email so soon after this newsletter.

The shipment following that will have wines from Jean Ginglinger, Axel Pruffer (Le Temps des Cerises), a few cases from Wim Wagemans (Le bouc à Trois Pattes) and cider and Calvados from Julien Fremont. More on them in the next newsletter.

New rules in France to combat the effects of climate change

INAO (Institut national de l'origine et de la qualité), part of the French Ministry of Agriculture, is the body responsible for, among many other things, defining the rules for each wine Appellation d'Origine Contrôlée (AOC). As well as defining the area covered by an AOC its regulations also define what grapes can be grown and other aspects governing how and where the wine can be made.

The INAO defines the allowable grape varieties for an AOC according to a principal variety or varieties and complementary or accessory varieties, about which there is always a restriction on the proportion.

You can see in the example below for the Loire AOC Cheverny the red wines (Vins rouge) the principal varieties must be Gamay (between 40% and 65%) and Pinot Noir, but the wine can contain up to 15% Cabernet Franc, Cabernet Sauvignon (until 2000), and Côt. For rosés, however, the principle varieties are Gamay, which must be more than 50% of the wine, and Pinot Noir, and the complementary varieties allowed are Cabernet Franc, Cabernet Sauvignon, Côt, and Pineau d'Aunis, which can be up to 25%. And there is a similar rule governing white wines.

“ Art. 4. - Les vins ayant droit à l'appellation d'origine contrôlée " Cheverny " doivent provenir des cépages suivants, à l'exclusion de tous autres :

Vins rouges

1. Cépages principaux :

Gamay noir dans une proportion comprise entre 40 p. 100 et 65 p. 100 de l'encépagement, pinot noir

2. Cépages complémentaires :

Cabernet franc, Cabernet sauvignon, côt, l'ensemble de ces cépages dans une proportion inférieure à 15 p. 100 de l'encépagement. Le cépage cabernet sauvignon est toléré jusqu'à la récolte de l'an 2000 inclus comme cépage complémentaire.

Vins rosés

1. Cépages principaux :

Gamay noir dans une proportion supérieure à 50 p. 100 de l'encépagement, pinot noir.

2. Cépages complémentaires, l'ensemble de ces cépages dans une proportion maximum de 25p. 100 de l'encépagement :

Cabernet franc, cabernet sauvignon, côt, pineau d'Aunis.

That's complicated enough. But a recently announced change introduces an additional category of “grape varieties for climate and environmental adaptation”. These are varieties, which must already be “permanently listed in the French catalogue of vine varieties” but which have not been grown in the appellation.

The objective is to allow growers to experiment with grapes which, given the changes to the climate, might prove more suitable in their region. It's all highly controlled with the sort of strictures you'd expect from the INAO – no more than 10 varieties per colour and no more than 20 in total and grapes from this category can be no more than 5% of the range.

Plus, each grape variety introduced by a grower will go through a formal registration and review process. The direct quotes here are taken from an article on vitisphere.com, which has a little more detail. Presumably in ten or so years we will start to see the impact of this in the bottle.

Pack 1: Sale Pack Six Bottles – Massive Discounts



Once again, we have poked around in the dark corners of our warehouse to find some wines where we just have a few boxes left and have folded them into this vibrant sale pack that represents amazing value for money.

Cause Marines Peyrouzelles 2016 – The 2016 Peyrouzelles was the best vintage since we started importing these wines from Gaillac in South-West France. When you see it in the glass it looks big and brooding, but on the palate, it is light and elegant. It is no wonder that we are down to our last cases of this wonderful wine! It is primarily made from native grapes of the Gaillac region (which used to be one of the most important wine regions of Europe). This year it has native grapes Braucon, Duras, Alicante, Prunelart and Jurancon plus a splash of non-native Syrah.

Henri Milan Vin de France Milan Nouveau 2016 – The Milan Nouveau is a wonderful wine and one that we were very pleased with because it demonstrates what a great grape variety Mourvèdre can be when treated sympathetically. The wine was fermented in two separate tanks. One underwent carbonic maceration and the other was fermented traditionally. They were then blended together prior to bottling. It is a light, bright, Moorish red wine that will match with a wide range of foods.

Terres Dorées (Jean Paul Brun) Bourgogne Rouge 2015 – This wine is somewhat of a rarity. It is a red wine from southern Beaujolais that is not made from the Gamay grape. Instead it is from a plot of Pinot Noir that is close to the village of Charnay. This means that it qualifies as a red Burgundy as Beaujolais is actually a sub-region of the Bourgogne appellation. This is a fine example of a Pinot Noir made by the master!

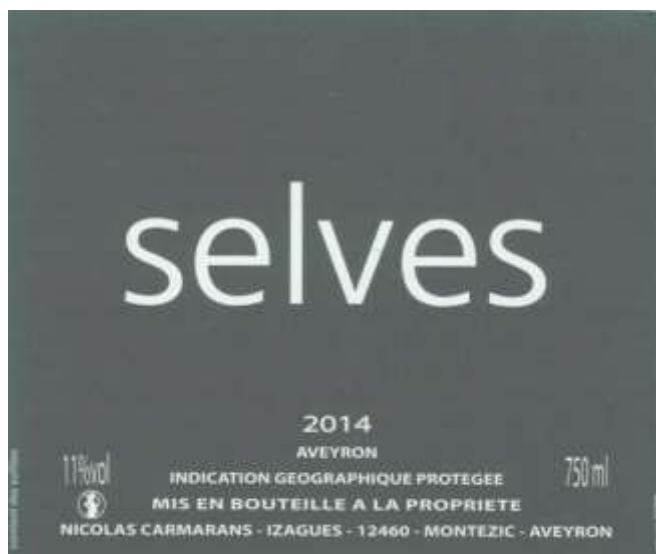
Domaine Saint Nicolas Cabaret 2013 – This is a wine that is typical of the Loire region. It is made from pure Cabernet Franc that has been aged in barriques for a year. This is a particularly good example of a Loire Cabernet Franc. It is a great food wine which is drinking very nicely now. It is unusual for a wine of this quality to be available for such a reasonable price. In all the wine tastings that we have carried out in Australia this has been regarded as a beautiful expression of the Cabernet Franc grape.

Marc Pesnot Nuitage 2014 – Marc Pesnot applies a philosophy of careful picking, destemming and slow pressing for his wines that ensure they reveal the true nature of the grapes from which the wine is made. The fermentation can take a long time and for this vintage it was four months. The grapes are grown on schist soils near Saint Julien de Concelles near Nantes. It is made from 100% Melon de Bourgogne where the skins are kept in contact with the juice overnight before being fully pressed to provide added texture to the wine. This is an exciting wine with the flavour of a Muscadet but with the added interest from the texture provided by the polyphenols extracted from the skins as a result of the slow pressing.

Dominique Andiran Chut! 2015 – Chut! is an intriguing wine because it is made from a very rare grape variety that makes a beautiful wine with subtle aromas and a long finish. The grape variety is Sauvignon Rose which is so named because the skin has a soft pink colour. It is thought to be a mutation of Sauvignon Blanc that probably occurred hundreds of years ago in the Loire Valley. The grapes are a deep pink in colour and produce a wine with a pink hue which is not a rosé but rather a white wine. This is a very pleasant drink with a lot going on. Think herbs and flower petals and a lovely streak of minerality.

The RRP for this selection of 6 wines is \$237 but the pack price is only \$130 including freight to most Australian cities.

Pack 2: Premium Sale Six Pack – Massive Discount!



Because we found a number of more expensive wines that fell into the category for a sale pack we decided to create a Premium Pack this month which provides an even greater percentage discount than Pack 1.

Vincent Carême Vouvray Tendre 2014 – The Tendre is a traditional still white wine from the domaine of master winemaker Vincent Carême made from older Chenin Blanc vines that grow in soils ranging from clay to flint. It is a semi-sweet wine (around 20 grams per litre of residual sugar) but with a dry finish and wonderful depth. This wine displays rich flavours gained from the beautiful soil in which the vines grow and the minerals contained in those soils. Drink it as an aperitif or match it with liver dishes or savoury desserts.

Mylène Bru Moulins de Mon Coeur 2014 – This fresh, lively red wine was made from whole bunches placed in fibreglass tanks so that Mylène can easily see what is happening to the wine. She placed a layer of Cinsault grapes then a layer of Carignan and then a layer of Syrah and repeated this until the tank was full. Maceration took six days before pressing. The resulting wine has an amazing depth of colour, beautifully fine tannins and a lovely up-front freshness. This wine would go very well with steak grilled over charcoal or a meat braise such as a navarin of lamb or even a cassoulet.

Le Temps Retrouvé Syrah Version Light 2015 – The Syrah vines for this deliciously light cuvée are tended biodynamically and any ploughing work is carried out using a horse. After the grapes are picked manually and are placed in small crates they are macerated for a short time and then the juice is transferred to old wooden barrels for twelve months to mature. The result is a very light, quaffable wine that almost looks like a dark rosé but has the structure of a red wine.

Causse Marines Zacmau 2014 – The Zacmau is a white Vin de France wine made from 100% Mauzac, the favoured local white grape of the Gaillac appellation which has been grown here for many hundreds of years. The vineyard where the Mauzac is grown is in front of their winery and the vines love the clay and limestone soils that they grow in. This is a classy, elegant wine that shows what Mauzac is capable of, especially when yields are

WINE Talk – the newsletter of Living Wines

as low as 20 hectolitres per hectare. Up to 50% of the juice is aged in old wooden barrels and the rest in stainless steel or fibreglass tanks. It is a complex wine with considerable finesse with lots of the characteristic Mauzac flavour and a very long and very satisfying finish.

Nicolas Carmarans IGP Aveyron Selves 2014 – The Nicolas Carmarans Selves is produced from old vine Chenin Blanc plus some grapes from his newly-planted vineyard on the Selves River slopes that thrives in the cold valley near Campouriez in the Aveyron. This is an unbelievably beautiful wine for those who love the power and elegance of this much sought-after grape variety. When we tried it this year during a lunch at chez Nicolas overlooking the beautiful river that meanders through the steep gorges here we were stunned again by the purity and elegance displayed by this wine.

Domaine L'Escarpolette (Ivo Ferreira) l'Enchanteur – This brooding beauty is made from 100% Merlot grapes picked from vines that are at least thirty years old which thrive in clay and gravel soils which only ever receive a very light ploughing. This wine exhibits firm tannins and has power and structure on the palate. After the grapes were picked very early in the morning, they were placed in small crates to avoid crushing. The grapes were fully de-stemmed, then macerated for ten days without punching down or pumping over. The wine was fermented with natural yeasts in concrete tanks and then transferred to old Bordeaux oak barrels for ten months on lees with occasional battonage. The wine is named after the legendary Merlin the Wizard and only 300 bottles of this wine were produced!

The RRP for this selection of 6 wines is \$284 but the pack price is \$160 including freight to most Australian cities.

Pack 3: New arrivals 6 Pack – 15% Discount



We recently received a major shipment of wines from some of our longest running suppliers as well as a new supplier, Julie Brosselin who is making outstanding wines in the Languedoc.

Julie Brosselin On Verra La Mer 2016 – On Verra La Mer is a light, juicy Cinsault with lots of charm. It weighs in at only 12% alcohol meaning that it stands apart from the many strong, alcoholic wines that are produced in the Languedoc area. This grape variety is better known as one of the supplementary grape varieties that is often used to make some of the best wines in Châteauneuf-du-Pape in the southern Rhone. This wine is not powerful like those in the Rhone, it is much lighter and far more suitable for pairing with food. This wine goes particularly well with charcuterie, braised dishes such as Osso Bucco and dishes cooked over fire.

Mylène Bru Lady Chasselas 2017 – This wine is made from the Chasselas grape variety which is more commonly associated with Switzerland, hundreds of kilometres to the east. The plot where Mylène has her Chasselas vines is a site of amazing beauty. There is a long view over the short-cropped vines to the mountains beyond. The vines are at least 50 years old and face East North East. Chasselas is almost unknown in this region so this is a very rare wine, but one of some delicacy and with a really lovely mouth-feel. The clay and limestone soils give the wine a persistent minerality that is very appealing. The finish is quite dry.

Sylvain Bock Reviens Gamay 2017 – This is a wine made from two different vineyards of Gamay. One is planted on pure limestone and the other on pure basaltic (volcanic) soil. This year he also used 10% of his Grenache in this wine to give it a little more body. The whole bunches were co-fermented using the carbonic maceration approach. This is a very fruity, smashable wine that is drinking very nicely now but will continue to improve for the next two or three years.

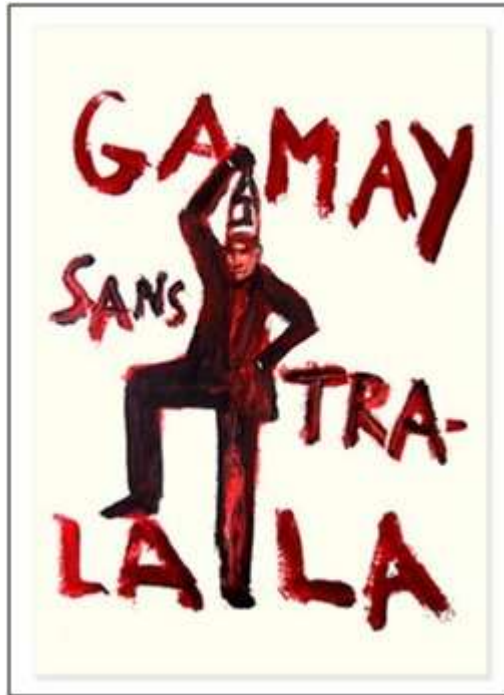
Julie Brosselin Marée Basse 2017 – Marée Basse 2017 is actually made with fruit from both Julie and Ivo's vines. It's a blend of Grenache Blanc (Julie) and Grenache Noir (Ivo) which were macerated together for 7 days. It's a light red but with enough structure to go well with food. It would be fine just to drink too! This is a good example of how they combine the best properties of red grapes and white grapes to create delicious, easy drinking wines. This will go very well with a range of food such as charcuterie, chicken dishes, sausages, vegetable dishes such as the delicious salad we tried at Franklin in Hobart that was a composition of exciting organic vegetables served on a bed of cashew cream that we were encouraged to eat with our hands. It will even enhance seafood dishes - or maybe we just think that because it has a picture of three fish on the label!

Domaine Saint Nicolas Reflets Rosé 2017 – The Domaine Saint Nicolas Rosé is a delicate, pale pink perfumed beauty that is quite savoury with a dry finish making it perfect as an aperitif. The wine is predominantly Pinot Noir (80% this year) although there is some Gamay and Groslot Gris as well to provide some additional complexity. The vineyard faces south-west and the soil is comprised of clay and schist with lots of quartz pebbles.

Domaine de la Garrelière Le Blanc de la Mariée 2017 – This entry-level wine from the Touraine appellation is made from 100% Sauvignon Blanc. This grape variety is very popular at the eastern end of the Loire running from Sancerre through to Touraine where it thrives on the rolling plains below the interesting city of Tours. The Sauvignon Blanc provides the characteristic aromas and taste profiles that you expect from wines made from this grape in the Loire Valley. This vintage is particularly delicious with clean, fresh, vibrant flavours and a long finish. We think that the Le Blanc represents excellent value for money - and it is biodynamic and fermented naturally thus providing additional complexity.

The RRP for this selection of 6 wines is \$248 but the pack price with a 15% discount is only \$210.80 including freight to most Australian cities.

Pack 4: Gamay 6 Pack - 15% discount



In words that could have been uttered by the inimitable Roy and HG – “too much Gamay is never enough”! So, we have put together a pack of 6 Gamay-based wines from the Loire, the Ardeche and Beaujolais so that you can compare the styles from different regions and from different winemakers.

La Paonnerie Coteaux d'Ancenis Simplement Gamay 2015 – The Domaine la Paonnerie Coteaux d'Ancenis "Simplement Gamay" 2014 is made from 100% Gamay Noir à jus Blanc. The wine is fermented in fibreglass tanks using the natural yeasts on the grapes and is neither filtered or fined. This is a light, lively delicious red wine that goes beautifully with food such as lamb chops or roast chicken or a robust cheese. This cuvee also has no sulphur added at any stage during the winemaking process.

Sylvain Bock Reviens Gamay 2017 – This is a wine made from two different vineyards of Gamay. One is planted on pure limestone and the other on pure basaltic (volcanic) soil. This year he also used 10% of his Grenache in this wine to give it a little more body. The whole bunches were co-fermented using the carbonic maceration approach. This is a very fruity, smashable wine that is drinking very nicely now but will continue to improve for the next two or three years.

Terres Dorées (Jean Paul Brun) Fleurie Grille Midi 2013 – Grille Midi is regarded as the best 'climat' or plot of land in the Fleurie appellation. It sits in a granite amphitheatre and the name is supposed to have originated from the hot sun that saturates the area at midday in summer. All of Jean-Paul's Fleurie vines are in the Grille Midi climat, but he reserves this name for wines made from his oldest vines. This wine displays bright fruit (think blackberries and plums) followed by a very long, lingering finish. This wine is drinking beautifully now but will also last for quite some time due to the structure inherent in this vintage. The wine is matured in concrete tanks rather than old oak barrels.

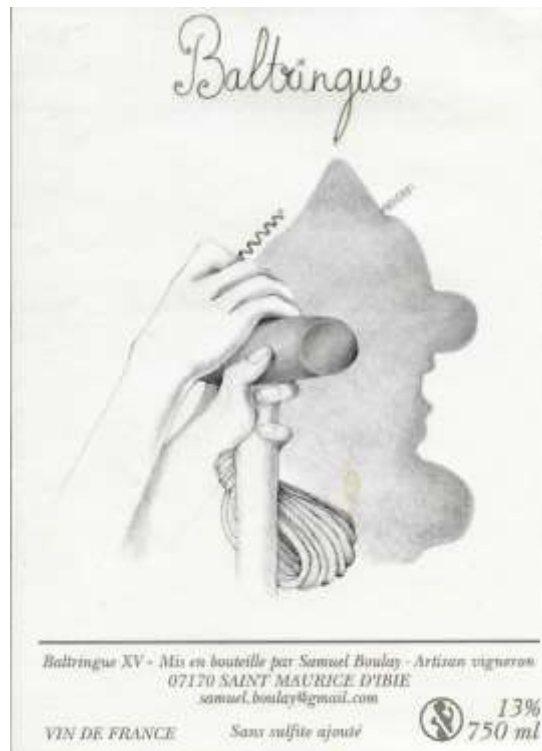
Domaine de la Garrelière Gamay Sans Tra La La 2017 – This was one of the wines that first made us sit up and take notice of the natural wine movement that was sweeping through the Loire and Beaujolais and on into the rest of France. It is made from 100% Gamay and is fermented naturally without the 'help' of commercial yeasts. It is fresh, lively, full of flavour and, above all, delicious. Good for drinking anytime, anywhere. The joyous label captures the essence of this wine. Gamay Sans Tra La La means Gamay without fuss. The French would call this a 'gouleyant' wine, meaning that it is gluggable or smashable.

Hervé Villemade Cheverny Rouge Les Ardilles 2015 – At the vineyard tasting this wine stood out for its elegance and structure. We loved the blend of 85% Pinot Noir and 15% Gamay. This wine is elegant, displays pronounced minerality and has an intense aroma that is very appealing. It is a very good example of where the blending of Pinot Noir and Gamay can produce a wine where both grapes contribute to making a wine where the sum is better than the parts.

Laurent Lebled Le Gam Cab du Bled 2013 – This wine is from grapes cultivated in the Touraine appellation in the Loire Valley on clay and limestone soils. It is a blend of Cabernet Franc and Gamay (the appellation requires winemakers to blend their grapes). The Cabernet Franc is de-stemmed and then macerated from between 17 to 20 days. The Gamay undergoes carbonic maceration for a similar period. The combined juice therefore has a combination of structure from the Cabernet Franc and juiciness from the Gamay. This wine has very fine tannins and is quite gulpable!

The RRP for this selection of 6 wines is \$236 but the pack price is \$200.60 including freight with the 15% discount.

Pack 5 : Wilder wines – 15% Discount



As we have written on many occasions, natural wines can be just as clean and flavoursome as any conventional wine. However, sometimes we need a hit of the “wild side” where there may be yeast in the bottle making it cloudy (and therefore even more delicious) or slightly oxidised (ditto) or with some residual fizz (many natural winemakers like to encourage a little fermentation after the wine has been bottled because carbon dioxide is a better preservative than sulphites. So we have reached across to the dark side to extract some of our favourite wines that have real personality.

Le Petit Gimios Muscat Sec des Roumanis 2013 – This wine is unlike any other Muscat you are likely to have tried. The Lavaysse family add nothing to their wine to change the essential characteristics of the Muscat a Petit Grains grape variety. As such they produce a wine of great interest and complex characters. The grapes are harvested from old vines that produce exceptionally low yields therefore the flavour is quite concentrated in the grapes. Even though it has the Sec designation indicating that it is a dry wine, there is still a little residual sugar in the 2013 vintage adding interest and a beautiful finish. This is an intriguing wine!

Le Petit Gimios Rouge Fruit 2012 – This is an amazing wine! The grapes come from an exposed, rocky vineyard covered with low bush vines with thick trunks that help them stand up to the wind that pushes down from the mountains behind. No wires tame the vines because Anne-Marie likes to walk through the vineyard as she chooses. There are at least sixteen different grape varieties planted in this place. But they are randomly planted. There might be a Carignan vine and then two Cinsault vines, followed by an Aramon and then a couple of Grenache. And the vineyard also contains Oeillade, Terret Rose, Terret Noir, Terret Blanc, Syrah, Muscat and Alicante. The grapes are co-fermented to produce this amazing soft, round, subtle red with layers that seems to go on forever.

I'Octavin ULM 2013 – The grapes used in the cuvée are Pinot Noir sourced from vineyards in which the soil is composed of grey marl and limestone which gives the interesting minerality notes to this wine. ULM underwent 7 months of carbonic maceration and was then transferred to old barrels for approximately 10 months. It has beautiful texture derived from the extended skin contact and a bracing core of acidity that gives life to the wine.

Samuel Boulay Baltringue 2015 – Like many of his compatriots in the French natural wine movement, Samuel loves to ascribe names to his wines that have many levels of meaning. The name Baltringue seems to have originally come from the circus and refers to a person who organises the show but does not perform any of the feats. It also refers to someone who claims they can do anything but never actually gets around to it. This red wine is made from around 95% Merlot with a small addition of Viognier. It is lively, fresh and very moorish with the Viognier adding a hint of stonefruit. As with all of Samuel's wines, this one has no added sulphites, but he manages to ensure that his wines do not fall apart once the bottle is opened.

Domaine Les Grandes Vignes Et Ce Terra Amphore Blanc 2014 – Les Grandes Vignes never rest on their many laurels. Even though they currently produce a range of beautifully crisp, flavoursome Chenin Blanc wines they decided to explore the possibilities offered by amphorae in maturing this wine. So, they fermented the wine in barriques and then transferred the juice to amphorae for maturation. This is a beautiful wine demonstrating depth and complexity.

Henri Milan Papillon Blanc Sans Soufre Ajouté 2014 – The name of this wine gives you a clue about how it was made. In French the words 'Sans Soufre Ajouté' means no added sulphur. This wine has not had sulphur added to the bottle. The only sulphur in it is naturally occurring sulphur which is in miniscule quantities. The wine has travelled well to Australia and displays a liveliness and freshness that is typical of naturally-made wines that have not had sulphur added. The 2014 vintage is a particularly fine example of this blended wine. This vintage sees Grenache Blanc, Rolle (the local name for Vermentino), Roussanne, Chardonnay and Muscat à Petit Grains used in the blend. The wine was kept on lees in old barriques for 5 months. This is a beautiful wine that is fresh and lively now but will continue to change character and improve well into the future.

The RRP for this selection of 6 wines is \$388 but with the 15% discount the pack price is **\$329.80 including freight.**

Pack 6: Good Value Reds 6 Pack – 15% Discount



There are some beautiful reds in this pack which represents excellent value for money.

Stephane Guion Bourgueil Prestige 2013 – This wine is 100% Cabernet Franc and has had some oak treatment (old oak barrels, never new oak) and is produced from Stéphane's older vines (these are up to 80 years old). This is a fine, savoury wine with lovely tannins and good length on the palate. There is a streak of acidity running through this wine that will ensure that it will last for many, many years. It represents excellent value for money and is currently drinking very well, but will also last for a considerable time in the cellar.

Dominique Andiran Magnus 6102 – Dominique Andiran's vineyards in the south-west of France are reasonably close to Bordeaux and therefore Merlot is grown here as it is in the better known cousin. This is a wine that should appeal to drinkers who enjoy a subtle, slightly sweet on the nose yet full bodied red wine. This year the Magnus is 100% Merlot (normally it is 80% with the remainder being the bold Tannat grape variety), but in 2016 Dominique had a problem with his Tannat and so had none to use in this wine.

La Paonnerie Coteaux d'Ancenis Simplement Gamay 2015 – The Domaine la Paonnerie Coteaux d'Ancenis "Simplement Gamay" 2014 is made from 100% Gamay Noir à jus Blanc. The wine is fermented in fibreglass tanks using the natural yeasts on the grapes and is neither filtered or fined. This is a light, lively delicious red wine that goes beautifully with food such as lamb chops or roast chicken or a robust cheese. This cuvee also has no sulphur added at any stage during the winemaking process.

Laurent Lebled Le Gam Cab du Bled 2013 – This wine is from grapes cultivated in the Touraine appellation in the Loire Valley on clay and limestone soils. It is a blend of Cabernet Franc and Gamay (the appellation requires winemakers to blend their grapes). The Cabernet Franc is de-stemmed and then macerated from between 17 to 20 days. The Gamay undergoes carbonic maceration for a similar period. The combined juice therefore has a combination of structure from the Cabernet Franc and juiciness from the Gamay. This wine has very fine tannins and is quite gulpable!

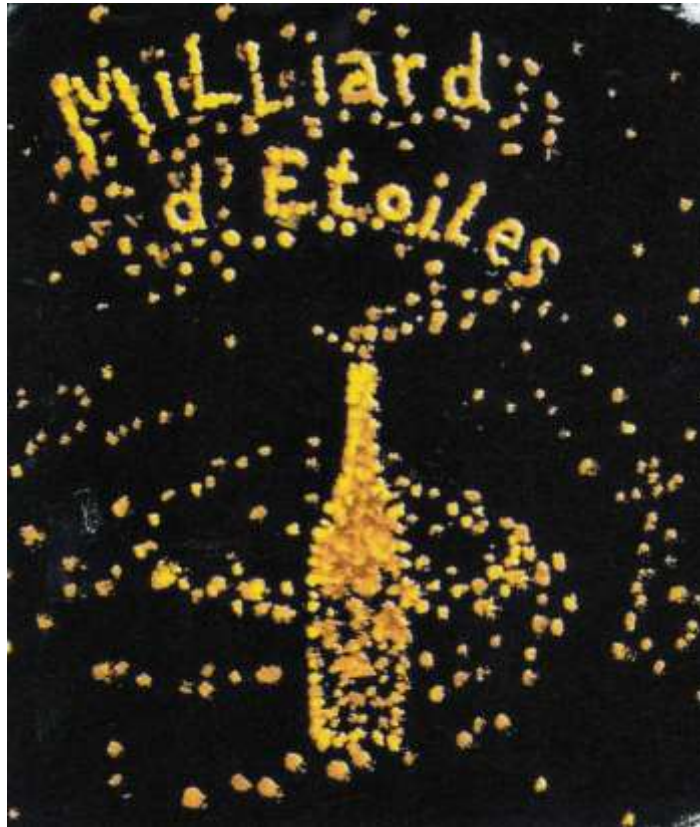
WINE Talk – the newsletter of Living Wines

Julien Peyras Gourmandise 2015 – The Gourmandise is comprised of 100% Cinsault (a variety found throughout the Southern Rhone and the Languedoc) from 40 year old vines which have been raised on clay and limestone soils then made into an easy-drinking wine. We are particularly impressed with this release! It took a while to settle but it is in a very good place now. The grapes were picked by hand, as all of Julien's grapes are, and then carefully sorted before undergoing natural fermentation in stainless steel tanks. This is a fresh, lively, juicy, young red which really shows what this grape variety can demonstrate when in the hands of a good winemaker.

Sextant - Julien Altaber Coteaux Bourguignons 2016 – This is the first time that Julien has produced a wine under the Coteaux Bourguignons appellation. This is a relatively new appellation which is literally translated as "Burgundy Hills". This appellation was introduced in 2011 as a replacement for the confusing Bourgogne Grand Ordinaire appellation. It covers all of Burgundy including Beaujolais. This wine is made from organic Gamay and Pinot Noir sourced from the Chalonaise area in southern Burgundy. This wine was matured in a 1400 litre foudre and the finished product is absolutely delicious.

The RRP for this selection of 6 wines is \$217 but the pack price is \$184.45 including freight.

Pack 7: Summer Drinking 6 Pack – 15% Discount



We are delighted that more and more of our suppliers are creating interesting wines for summer drinking where the wines are lower in alcohol or lighter in style to make them suitable for sitting on a deck and knocking them back in the summer sunshine.

Domaine de la Garrelière Milliard d'Etoiles – This pétillant naturel is a blend of Cabernet Franc and Chenin Blanc made as a pet-nat (but a complex one). 80% is the juice from grapes from 2016 (50% of each variety) which were fermented in a tank then cooled a little to slow the fermentation. It was then blended with the last 20%, a reserve wine from the previous vintage. It was bottled between 18-20 g/l of residual sugar where it kept fermenting to produce the bubbles. It was aged for a year and riddled by hand for a month then disgorged. It has no added sulphites.

Dominique Andiran Vain de Ru 7102 – Dominique Andiran makes this beautiful, white wine called Vain de Rû that is a delight to drink as an aperitif or match with food. He uses the local Colombard grape (a descendant of Gouais Blanc and Chenin Blanc) for this wine and it works perfectly. The grapes are grown on clay that is rich with limestone rocks which give this wine its vibrant minerality. Further complexity was given to this wine through slightly extended maceration (a little over twenty hours) which has resulted in a richer flavour and more interesting texture without over-extraction of the polyphenols from the skins. The juice was then transferred to fibreglass tanks. The wine displays an appealing freshness with hints of acacia and grapefruit. So easy for drinking by itself or with oysters, seafood or chicken or a wide range of vegetable dishes.

Le Raisin à Plume (Jacques Février) S des Humeaux 2015 – Jacques Fevrier makes lovely, precise wines from the Sauvignon Blanc grape variety even though he is hundreds of kilometres away from Sancerre, the spiritual home of this grape. The S Des Humeaux is a wonderful expression of the Sauvignon Blanc grape variety. The name comes from the grape variety and the vineyard from which it is picked. S stands for Sauvignon Blanc and Humeaux is the vineyard (which overlooks the Loire River). It is light, expressive, lingering and very delicious! It was matured in old wooden barrels - 7 were small 225 litre barrels and one was a 600 litre barrel. Jacques does not add any sulphur to this wine!

Domaine Saint Nicolas Reflets Rosé 2017 – The Domaine Saint Nicolas Rosé is a delicate, pale pink perfumed beauty that is quite savoury with a dry finish making it perfect as an aperitif. The wine is predominantly Pinot Noir (80% this year) although there is some Gamay and Groslot Gris as well to provide some additional complexity. The vineyard faces south-west and the soil is comprised of clay and schist with lots of quartz pebbles.

Derain Allez Goutons Rouge 2017 – This is the first time there has been a red Derain Allez Goutons. It is a fresh lively red wine made from the Pinot Noir grape variety and designed for early drinking. We were delighted when it arrived in Australia fresh as a daisy and ready for immediate drinking.

Opi d'Aqui Les Cliquets 2016 – 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. It almost looks like a rosé in the glass, but it has more weight in the mouth. We love this wine!

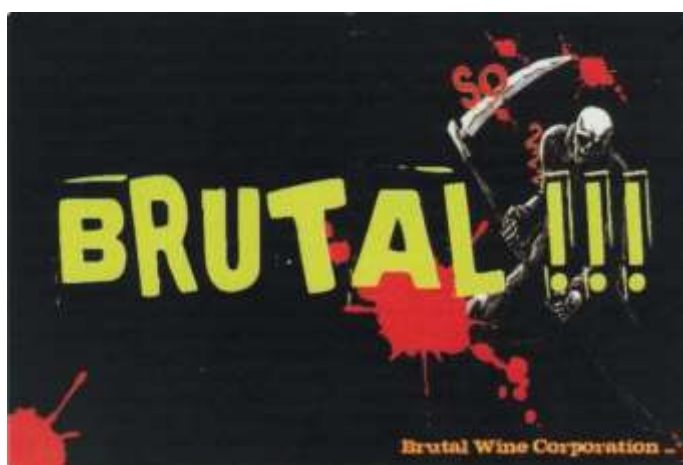
The RRP for this selection of 6 wines is \$260 but the pack price is \$221 including freight.

What we're Reading, Listening To and Watching

Hmm ... this started off as a simple idea a while ago to write about some interesting things we've been reading and watching but, once we started, it suddenly got out of control. There are so many fascinating things we come across. Here is a sample of what we're reading, listening to and watching and we've decided to save some for another newsletter otherwise we'll never get this finished.

[Alice Feiring's Newsletter](#)

You need to subscribe to this online only newsletter but it's money well spent. As well as reviews of wines and restaurants and stories about wine regions, we especially enjoy the articles when Alice or a contributor digs into a topic that doesn't normally get much air time. A good example is "mousiness", which is a smell that people can detect with varying degrees of sensitivity, but through the back of the nasal passage after tasting the wine. It's a two-part story with depth. Other recent topics include Reduction, written by Sophie Barrett, an article called "Do Natural Wines Age?" and the most recent issue, which arrived while writing this, concludes a two-part series explaining the concept of Brutal !!! . If you've tried to make sense of all those wines called Brutal !!!, from many different producers and also sharing an almost identical label, then Alice's story is a good place to start.



The recent Octavin Brutal label

[Guild of Sommeliers Podcasts on Wine Science](#)

These podcasts sometimes make us smile as the presenter discusses with professors and winemakers techniques that the people we work with would never use, including adding yeast to ferment a wine. But setting that aside (and it's useful to be informed about the things natural winemakers don't do as well as what they do) some of the episodes have many interesting discussions about making wine and the components of a wine. There's an episode on Wine Chemistry, one called All About Yeast (this is quite hilarious once you realise it's mainly about the sort of yeast you purchase in packets), and another on

Tannins, all of which contain good information if you're dipping your toes into the water to discover how wine is made.

[Has Wine Gone Bad - article by Stephen Buranyi in the Guardian](#)

If you're already interested in natural wine, most of the articles about this topic in the general press don't deliver much information. They usually define "so-called natural wines", talk a little about the wine bars and restaurants where you might find them and finish with the debate about whether they are a passing fad or here to stay (all of which you've probably read) but there's not much more beyond that. But this article by Stephen Buranyi, published in May this year, goes a little deeper. While he covers off a definition, gives noma and other cult restaurants serving natural wine a mention and summarises the debate, he goes much further.

For a start he talks to some of the people who make the wine not just those who sell and drink it, including Sebastien Riffault and Philippe Pacalet, while tracing a history of this relatively new movement. To do that he writes first about what natural wine makers were reacting against, spending time describing the processes which began after World War 2 to industrialise the growing of grapes and introduce technology into winemaking. By describing these processes and quoting the sort of statistics that encouraged us to only drink natural wines (he quotes a French government report that vineyards use 3% of all agricultural land, but 20% of total pesticides and another study that found traces of pesticides in 90% of the wines available at French supermarkets), he puts the reaction against conventional wine in a context that's missing from many other articles about natural wines.

He traces the influence of Jules Chauvet on winemakers like Marcel Lapierre and those who followed and there's also an interesting section on the extra complications French natural winemakers face because of the way the appellation d'origine (AOC) works where tasting panels can reject a wine because it is not considered typical, meaning the winemaker cannot use the appellation name on his or her wine. Several of our producers have faced this problem.

There's much more - go read the original! It is also available as a [podcast](#) (in the Guardian Long Read Podcast) if you prefer to listen rather than read.

Natural Wines with Clovis

This is a television series which, in Australia, is currently available on SBS on Demand. Clovis Ochin distributes wine in Paris but that understates his influence. The simplest way to get a handle on that is to visit the wine bar attached to Yard restaurant where he curates one of the best natural wine selections in the world and often also is there to make sure you don't miss something interesting. (And on the best days our Swedish friend Svante Forstorp will be cooking and the combination of his food and the wines is truly wonderful.)

WINE Talk – the newsletter of Living Wines

Most episodes feature a single estate – Fred Cossard in Burgundy, Jean-Pierre Robinot in the Loire, Frank Cornelissen on Etna, and Massimo Marchiori & Antonella Gerosa in Baix Penedés and there is one, devoted to the Auvergne, which features Fred Gounan and his partner Caroline (Carotte), Patrick Bojou and Marie & Vincent Tricot. These are all people who he works with so he knows them well and that's what makes this special. He's not just turning up with his researcher's notes to guide him. He's completely immersed in their story.

It can seem (because it sort of is) like a fairly self-indulgent in-party but that's not contrived – it's a true reflection of this world. It's lots of fun, there are gems of information to be gleaned from the conversations, especially early in the day's tastings, and if you watch you'll learn plenty of good restaurant addresses in the regions the programs are set.

To find it on SBS Demand choose the Search option and type Clovis. That will be enough to find it.

Gut bacteria, health and natural wines: Part 3

This is the third in the series of articles we have been writing 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. In previous articles we provided some background about the vital role that is played by our gut bacteria. In this final article we are going to review some of the ideas and talk about how natural fermentation of wine leads to more interesting flavours and aromas and the implications for gut bacteria.

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 the second article looked 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 the second article we addressed 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.

In this article we will review each of the factors in making natural wine and how these factors impact on our health, diet and well being.

The relationship between natural wine and health

We do not claim that drinking natural wine will necessarily improve your health, but we feel relatively confident in claiming that it is the least worst option if you do like to have a drink or two.

We will now look at each of the essential factors in making a natural wine and comment about the health implications and the implications for our gut bacteria.

Problems with systemic sprays

First, natural wine MUST be made from grapes that have not been subjected to systemic sprays such as pesticides, herbicides or fungicides.

This is the most important of all of the things that contribute to making a wine natural. In the first article we presented research that clearly shows that residues from systemic sprays end up in conventional wines and have a deleterious effect on our gut bacteria by interrupting their shikimate pathway leading to a reduction in the diversity of our bacteria and the subsequent effect on our health.

Since we wrote the first of these articles there has been even more evidence presented in peer-reviewed scientific papers, including from the famous King’s College in London which shows that even at low doses glyphosate-based sprays can cause cancer.

Advantages of natural fermentation

Natural wines MUST be fermented using only the natural yeasts that are on the grapes when they are harvested. These natural yeasts are brought to the grapes by a variety of creatures including wasps, fruit flies, ants and many more.

The important thing about natural fermentation is that there are many different types of yeast that are present on the grapes (sometimes many dozen types) whereas when commercial yeasts are used there is usually only one aggressive yeast (*Saccharomyces cerevisiae*, also known as brewer's yeast) added.

In natural fermentation the different yeasts produce different polyphenols in the wine before yielding to the increase in alcohol present in the juice.

One group of molecules that are produced during both natural fermentation and non-natural fermentation are amines such as histamine, tyramine, putrescine, cadaverine and phenylethylamine. These amines both damage the gut bacteria and can give some people skin rashes and migraine headaches.

However, it is well established that slow, natural fermentation produces far fewer amines than forced fermentation. A recent study found that one particular strain of yeast, *Saccharomyces cerevisiae*, plays a big part in the production of biogenic amines and this is the dominant strain used in most commercial yeasts, as mentioned earlier.

Natural wines are not fined

Natural wines MUST never be fined because this process sees the addition of foreign substances to the wine thus negating the “natural-ness” of the product.

Why do most winemakers use the fining process? Well, it comes about because the wine profession has long held the view that a wine must be clear and wine judges often mark a wine down if it is not clear. There is no reason for them to do so – it is just an artificial and arbitrary rule that they have made up.

There are many substances that are added to wine during the fining process and rarely disclosed on the label including bentonite, carbon, isinglass, fish bladders, gelatine, egg white, casein, powdered milk and the unpronounceable polyvinylpolypyrrolidone. Many of these are products derived from animals which, of course, makes these wines unsuitable for some vegetarians and all vegans.

The use of some fining agents can also lead to a wine not being kosher. We know that much of the added product is precipitated out, but analysis of wines that have been fined shows that traces of the fining agents can nearly always be detected in the wine¹². The

¹ Monaci et al (2010) Identification of allergenic milk proteins markers in fined white wines by capillary liquid chromatography–electrospray ionization-tandem mass spectrometry. *Journal of Chromatography*. Vol 1217, Issue 26.

² Tolin, S et al (2102) Mass spectrometry detection of egg proteins in red wines treated with egg white. *Food Control*. Vol 23, Issue 1.

reason that this is a health issue is that there is a small, but significant, group of people who are highly sensitive to milk products and some egg products.

The vexed question of added sulphites

The final piece of the puzzle related to whether sulphites need to be added to wine. Conventional wines usually have sulphites added, particularly in Australia. It is believed that a wine will not last if there is not sulphites present in the wine.

Of course, there is a downside to this practice. We have been lucky enough to taste wines where some of the batch has tiny amounts of sulphites added and the rest had none added. The difference, even after a couple of years was dramatic. The batch without added sulphites was lively, fresh and lifted. The wine with the tiny amount of sulphites added tasted less fresh and less lively.

We import many wines that do have sulphites added in low doses but don't agree that it has anything to do with longevity. It is sometimes necessary to ensure that the wine does not suffer from "mouseiness" or other off flavours.

We have tasted many wines that are decades old that have never had sulphites added and they have been amazing. However, a word of warning. There is a lot of science that needs to be understood before a winemaker goes down the path of sulphite free wines. But the proof is in the pudding. We recently tasted a 2003 vintage of one of Jean-Pierre Robinot's white wines which he had just released and it was stunningly fresh, vibrant and radiating energy.

He, of course, understands exactly how to make wines without sulphites and would never contemplate using any. The problem with using sulphites is that our best friends, the gut bacteria, are damaged by the sulphites with the bad bacteria being more able to withstand the onslaught. And there are people who are allergic to sulphites which is why it is the only additive in Australia that it is required to be on the wine labels.

Conclusion

This has been the final article in this series and we hope that you can see the importance of both looking after your bacteria in the gut and intestine for the sake of your physical and mental health and how natural wine can either enhance the viability of your gut bacteria or, at least, not damage it as much as the alternatives.

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.