



AS NATURE INTENDED

Jane Cuthbertson looks into the growing trend for organic wines which are made as naturally as possible.

Well, here it is again - Happy New Year to one and all. This is traditionally a time of good intentions and New Year's resolutions. And if you're anything like me they last about a week!

Perhaps there is something in the detox philosophy without subjecting ourselves to a life of complete abstinence in the wine department. There is a growing trend for organic wines and logically, the fewer artificial additives in the wine, the fewer chemicals going through your system.

As little as 15 years ago, wines made from organically grown grapes were not as widely available as today, and the quality left a lot to be desired. Since then, wines which are made from grapes grown without the use of artificial fungicides, herbicides or fertilisers have improved tremendously in quality. From a health aspect, some scientists claim wines produced from organically

grown grapes usually contain significantly lower levels of sulphur dioxide, the main preservative used which can affect some people who may have allergic reactions – and worse hangovers!

Such is my confidence in organic wines as a category, around 50 of the 600 plus wines stocked at Barrica Wines are certified as being organic, most of which are suitable for vegetarians, and some for vegans. A small number are also biodynamic; wines made respecting the cycles of the moon, sun, planets and stars. More advice is available in store.

On 20 February, we will be hosting a tasting of organic wines presented by Linda Ward, an authority on organic wines, beers and spirits. The tasting is ticket only at £25 each and will be accompanied by a supper in Huntleys restaurant on site. Please contact us for more details.

In the meantime, try some of the following wines which are

sure to convert even the most sceptical of you!

Albet y Noya Xarello Classic (£7.50). Xarello is the name of the grape which is used for this fresh and lively dry white. A grape no-one has ever heard of but most of us have drunk at some time as one of the three grapes used in the production of Cava, the sparkling wine of Penedes in Spain.

Mont Albano Pinot Bianco/ Pinot Grigio (£7.00), from the north-easterly region of Friuli Grave in Italy. A soft and delicate wine made from two familiar grapes but seldom blended together.

Vinas del Vero Garnacha/ Syrah (£6.90) from Somontano in northern Spain. Terrific value wine, rich, ripe and smooth.

New Zealand Milton Riverpoint Viognier (£12.00) has everything a good quality Viognier should offer, a delightful wine to partner most

fish dishes or as an aperitif. Made with meticulous care and attention which is evident in the glass.

Jean Bousquet Malbec (£7.75) is a regular medal winner and has deservedly attracted considerable acclaim. Jean Bousquet comes from a family of winemakers in the south of France but travelled as far as Mendoza in Argentina in his quest to find the optimum site and climate for his ideal vineyard where he ultimately settled with amazing results. Sweet red fruit with spice and balanced tannins make this a real red meat winner. ■

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