



What great summer weather! We hope you enjoyed it with family and friends. Along with the fall season comes a traditional time to make wine. Carafe has an ever-expanding selection of wines to choose from, all at great value compared to store bought prices. Don't miss our monthly specials too. See you soon! Bonnie, Barry, Marlon, Dana

Red Wine To Save Human Species!

From all the reports referring to the health benefits of red wine nowadays you would think that it was some kind of an all purpose, cure-all. Is it?

First there was the French Paradox concept introduced to us by a 60 Minutes report in 1991. This study from the University of Bordeaux linked the fact that although French people ate a diet loaded with saturated fats, they had a much lower rate of heart disease than Americans. The theory being that the difference was because the French drank a lot more wine. Of course, there may be several reasons for this. However, re-visit of this study in 1998 seemed to confirm the original report. Middle aged men who drank a moderate amount of wine on a daily basis were compared to both non-drinkers and heavy drinkers. This study reported that moderate wine consumption was associated with a 30% reduction in the death rate from all causes; a 35% percent reduction in death rates from cardiovascular disease, and an 18-24% reduction in death rates from cancer.

These findings led to a great number of other studies by researches throughout the world. Their goal was to find out if this theory was true, and if so...why?

All wine contains traces of minerals and vitamins including calcium, Vitamin B, iron, potassium and magnesium. However, there are important components found in wine that appear to have a positive effect on our health - notably the phenolic compound Resveratrol and the Flavonols Quercetin and Tannins (Vitamin P). Resveratrol has been proven to possess both anti-inflammatory and anti-cancer properties. Red wine's greater exposure to the grape skin makes it contain more Resveratrol than white wine. Quercetin and tannin are natural antioxidants. Quercetin which is also in many fruits, nuts, onions and broccoli is not found in white wine.

There is an ever-increasing list of potential benefits from these compounds! According to reports of various studies, red wine can reduce the production of LDL (bad) cholesterol, boosting HDL (good) cholesterol, fight against the development of blood clots, reduce the incidence of tumors, alleviate hypertension, slow down the development of breast, prostate and lung cancer, reduce the risk of Alzheimer's, Dementia, Parkinson's, Diabetes and Leukemia, help women to have fewer

kidney stones and keep their weight down, reduce the risk of a stroke, help along the upper digestive tract, improve mental functions, improve sleep, reduce the chance of getting a cold, lessen the effects of allergies and generally live a longer life!

Although Quercetin is now available as a pill, Resveratrol has grabbed the spotlight. It has become so popular that it is now available in a variety of products at your local drug store. There are daily supplement capsules as well as anti-aging creams that allows you "to retain your youthful appearance." One brand claims that their Resveratrol is effective against cancer of the skin, the breasts and the colon. In fact, Resveratrol is also being sold as an energy booster.

A recent study found that Resveratrol may help to protect against the bone density loss and insulin resistance that are often side effects of flying in outer space. They learned this by holding rats upside down by their tails to simulate weightlessness. The Researchers reported that Resveratrol "could thus be envisaged as a nutritional countermeasure for spaceflight."

** Many public health organizations throughout the world now officially state that the moderate consumption of alcohol can be included as part of a healthful diet. Although it will vary with a person's size and weight, the suggested daily maximum in Canada is 10 ounces (284 ml) of wine for both men and women.*

Carafe Group Program

With Carafe's Group Program, when you and your friends make 5 or more wines together you will all receive **10% OFF** the price of each wine you make!

FEATURED WINES

Every month, Carafe features a special red and white wine. Each 23 Litre batch is specially priced at **\$10.00 OFF!** Ready to bottle in six weeks.

SEPTEMBER 2011

Cabernet Sauvignon – Prized for its depth of flavour and aroma, this full bodied red wine boasts of black cherry with herbal undertones, sturdy and nicely rounded out with oak. Cabernet Sauvignon is known as the “King of the Grapes”. Its full tannins match well with hearty red meat dishes. Its abundant flavour is great with steaks, roasts, burgers and BBQ ribs.

Pinot Grigio – The highly popular Pinot Grigio (also called Pinot Gris) is a soft, yet assertive white wine with a delicate floral aroma. Serve with salmon, seafood and creamy Alfredo. Pinot Grigio is also an excellent choice when entertaining.

OCTOBER 2011

Shiraz – Shiraz (also called Syrah) grapes may be tiny but they sure produce a favourable wine experience. Shiraz has become well known for its rich, dark and robust intensity that combines notes of warm berries and lively fresh pepper.

Gewurztraminer – What a unique sipping treat! Gewurztraminer is fully aromatic with a complex character of tropical fruits. This medium-bodied white is the perfect match for an Indian curry, spicy Chinese dish or to serve with fruit and cheese.

NOVEMBER 2011

Cabernet Sauvignon/Merlot – A classic blend! The soft character of Merlot is the perfect foil for Cabernet’s intensity, resulting in a smooth, lightly oaked wine with the fullness of ripe berries. You’ll notice just how nicely this wine ages.

Chardonnay/Semillon – Cool climate Chardonnay married with Semillon from sunny California produces a versatile full bodied wine style. Soft and lush on the palate, with buttery richness, this delight features an aroma of pineapple and citrus. Light oak gives this refreshing blend a richly rounded mouth feel.

DECEMBER 2011

Malbec – This rising star is rustic, yet deeply complex. A medium-bodied red wine, with hearty rich tannins and flavours that are bursting with ripe plums, currants and cherries. An obvious match with steak, but also great with most grilled or roasted red meats.

Chenin Blanc – Refreshingly crisp and dry, with subtle floral notes and a hint of fruit and honey. An easy-drinking sensation that goes well with mild cheeses, fish, roast turkey and many chicken dishes.

Wine Areators

Wine lovers agree that wine that has been allowed to “Breathe”, especially wines with high tannins like Cabernet Sauvignon and Port, actually taste better. The term “breathing” means stimulating the movement of wine

molecules to help expose the wine to oxygen just prior to serving. The exposure tends to open up the wine and release its intended aromas and often hidden flavours. Traditionally, this is achieved by decanting. However, one of the most talked about wine accessories these days is the Wine Aerator. There are many different models on the market. Some appear like a sieve and others use high technology to create a vacuum and infuse the wine with air. There are red and white versions. Overall, a wine aerator is the easy way to make sure all the wine comes into contact with as much air as possible. Traditional decanting versus wine areators is comparable to beating eggs with a fork or a blender, it ends up the same just the blender is quicker and easier. Aerated wine has accentuated aromas, is more flavourful and has a better mouth feel. Areators are also effective in softening tannins and reducing bitterness. Areators make wines taste the way there were intended to and thus more enjoyable. Next time you’re in bottling ask for a demonstration. And remember they make a great holiday gift.

Africa Update

The orphanage is going well Brick project was a total success. Next project Kitchen renovation If you would like to help all donations gratefully accepted

Carafe Online Trivia Quiz and Contest

Congratulations to Ron Black of Oakville who recently won a free batch of California Cabernet Sauvignon on our on-line contest.

To enter your chance to win, visit www.carafe.ca and click on Carafe Wine Trivia Quiz & Contest.



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Monday –Friday 11 am – 8 pm
Saturdays 10am – 4 pm
Closed on Sundays & Stat. Holidays