

EcoVine EcoEsprit™



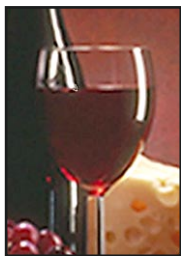
SEPTEMBER 2004



A VIEW FROM LE VIN'S ORGANIC VINEYARD TOASTING & TASTING OUR FUTURE

THE GOODNESS OF WINE

Wine enhances food, provokes conversation, and warms the gatherings of family and friends. The benefits of drinking of wine in moderation has been well known by most civilizations. Wine has been around longer than recorded history. Today's wine has roots that can be traced back to the Phoenicians and Greeks neighboring the Mediterranean, circa 1100 BC.



Current research suggests that a glass of red wine each day may provide us with more than just a little relaxation. For over 10 years, studies have indicated that moderate intake of alcohol improves cardiovascular

health. Now findings show that specifically red wine is the most beneficial to your heart. The cardioprotective effect has been linked to antioxidants, called flavonoids, present in the skin and seeds of red grapes. *Continued on opposite side*

SEPTEMBER WINE SELECTIONS

Life just got better with Le Vin Wines

The Le Vin Family Wine Business has been in existence since 1983 - founded by Bernard Levin after he had retired. Bernard was a friend of Stephen Zellerbach whom he knew from the Marines Memorial Theater in San Francisco and from the San Francisco War Memorial Opera House where Bernard worked. Bernard and his son Eric Levin began making award winning wines at Zellerbach Winery in 1983. In 1985 Le Vin Cellars received its first Gold Medal for its Cabernet Sauvignon at the Sonoma County Harvest Fair. In 1993 the Levin's and the Harman/Clokey's (Eric's wife's family), bought the 164 acre ranch in the scenic Yorkville Highlands Appellation of Mendocino County, that is today Le Vin Vineyards & Winery. They planted 5 acres of Merlot, 5 acres of Cabernet Sauvignon, 3 acres of Cabernet Franc, 3 acres of Syrah, 250 olive trees and 125 redwood trees.

ECOVINE WINE CLUB SELECTION

LE VIN 2000 MERLOT \$252 Case

91 point rating from the WINE ENTHUSIAST:
Strong, clean and refined, of plums, roasted coffee-bean, cassis, cocoa and smoky oak.

Retails for \$28 per bottle.

LE VIN 2000 CAB SAV \$324 Case

92 point rating from the WINE ENTHUSIAST:
A real find. The delicious Cabernet Sauvignon fruit flavors overwhelms the pallet in rich intensity.

Retails for \$36 per bottle.

ORDER A CASE TODAY & SAVE 25%

www.ecovinewine.com

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The Goodness of Wine (Continued)

SEPTEMBER 2004

A study from the University of California, at Davis concluded that the highest concentrations of flavonoids are found in Cabernet Sauvignon, followed closely by Petit Syrah and Pinot Noir. The evidence seems clear that regular, moderate consumption of red wine is part of a healthy lifestyle. Drinking wine made from grapes that have been grown without synthetic or chemical fertilizers, pesticides, or fungicides are even better for your health. So here's a toast to your health. *Salud!*

Salute! Prost! Cheers!

Vicky Lorelli - Owner



KNOWING YOUR GRAPE

Cabernet Sauvignon, called the noble grape, is the most well-known black grape variety in the world. It is very adaptable, growing well in almost any climate that isn't very cool. The grapes are high in tannins, so Cabernet Sauvignon wines usually age well (especially if oaked) but need time



to mature. Good Cabernet Sauvignons can age for 15 years or more. Its ability to age well brought it fame from the great vineyards of Bordeaux, France. Vineyards

in the United States, especially California, and regions in southern France, Italy, Australia, South Africa, and Chile have also become equally important regions for Cabernet Sauvignon. In recent years winemakers have learned that wines don't need to have such imposing tannic structure in order to age. They have emphasized softer fruit tannins that are well balanced. At their best, the wines are rich in color, aroma, and depth, and in time have a long-lasting flavor, often of blackcurrants.

ROASTED RACK OF LAMB

with Garlic & Red Wine Sauce 4-6 Servings

Ingredients

- 2-3 Medium lamb racks (7-8 bones per rack)
- 1 tsp. Basil, fresh, chopped
- 1/2 tsp. Thyme, fresh or dried, chopped
- 1/2 tsp. Oregano, fresh or dried, chopped
- 1 tsp. Rosemary, fresh, chopped
- 1 tsp. Fennel seed, crushed
- Salt
- Black pepper, freshly ground
- 1 tbsp. Olive oil
- 1/2 cup Red wine
- 1/2 cup Chicken stock
- 1 tbsp. Red wine vinegar
- 12 Medium Garlic cloves, whole, peeled
- To taste Salt and pepper



Preparation Instructions

Pre-heat oven to 475° F, combine fresh herb rub ingredients (2-8) in a small bowl and generously coat the racks all over with the rub. Add oil to a large heavy skillet and brown racks over high heat for 3 minutes per side. Pour off fat from pan, but save any juices in the pan to make a pan sauce later. Place racks fat side up in a roasting pan and roast in the middle of the oven for 13-15 minutes or until the internal temperature is 130-135° F. for medium rare. Transfer racks to a warm plate and let rest for 10 minutes while you make the sauce. Set the original skillet back on the burner and add all the ingredients (9-13) except salt and pepper. Bring to a boil scraping up any browned pieces from the bottom of the pan. Cover pan and cook for 10 minutes at a simmer. Remove lid and reduce sauce at a boil until it becomes syrupy. Cut the racks into individual chops. Spoon sauce over the lamb and serve.

Remember to send us your favorite recipe.

