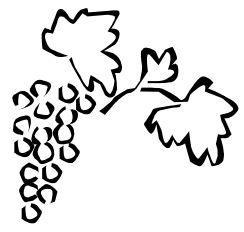


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The Grape Vine Newsletter



Happy Father's Day - Wine & Dine Your Prostate

Our last issue of The Grapevine was dedicated to *women and wine* for Mother's Day, and with Father's Day rolling up next, we only see it fitting to give men their turn. Wine's most important health benefit that strictly applies to men, is the influence that red wine has on prostate cancer.

Scientific lab studies have found that the polyphenols found in red wine may reduce the risk of prostate cancer. Researchers at Getafe University in Madrid discovered that five of these antioxidant compounds - quercetin, rutin, morin, gallic acid and tannic acid - "inhibited the growth of prostate-cancer cells and induced apoptosis," a type of naturally programmed cell death. The findings may explain why rates of prostate cancer are lower in Mediterranean countries compared to the United States. The Mediterranean diet normally features a low animal-fat and meat content, with a high intake of fresh fruit, vegetables, pasta and wine.

In a related study, published in *Nature*, researchers found that quercetin reduced the growth of prostate-cancer cells. "Quercetin has the potential to become a chemotherapeutic agent for prostate cancer," said lead author Nianzeng Xing, M.D., in an address at the convention of the American Association for Cancer Research in New Orleans.

So far, these studies have been confined to the lab, which is why no one is yet prescribing red wine for those at risk for prostate cancer. (White wines and roses contain little or no polyphenols.) Yet previous research has also indicated that polyphenols fight heart disease, partly by inhibiting the production of a peptide that contributes to hardening of the arteries. And it is theorized that moderate intake of red wine may help explain the so-called "French paradox," the unusually low level of heart disease in France considering the richness of the national diet.

Wine and BBQ Pairings

Serve these Wines with these grilled Meats

Cabernet Franc	Smoked steaks and sausages
Cabernet Sauvignon	Dry rubbed tri-tip
Chianti & Syrah	Meats with bold BBQ sauces
Merlot	Almost anything except fish
Pinot Noir	Grilled hamburgers & sausages
Sangiovese	Light spiced grilled poultry & pork
Zinfandel	Meats with a sweet BBQ sauce
Gewürtztraminer	Anything w/ spicy BBQ sauce
Sauvignon Blanc	Grilled Vegetables & Seafood

More Father's Day Gift Ideas



Beer of the Month Club - You've been enjoying your wine of the month, so why not let Dad in on some fun too! Have either 6 or 12 tasty California Micro-Brewed Beers delivered to him every month.

Personalized Beer or Wine - Select from our templates or create your own design, and Dad will have a wonderful collectable (and drinkable) gift that he will never forget.

Beer Gifts - For a great selection of unique beer gifts, made just for Dads who love beer, visit the only online shop dedicated specifically to beer lovers at www.BeerOnTheWall.com.



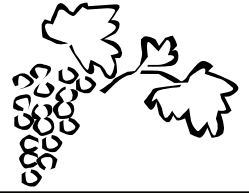
Quote of the Month

"Who took the cork out of my lunch?" - *W.C. Fields*



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This Month's **Classic Wine Club** Selections

Every month our **Classic Wine Club** members receive one or two bottles of our featured wines. The wines you get depend on the membership you are enrolled in. If you're not yet a member, we invite you to join the fun. Happy wine tasting!

Martin Ray Winery

Established in 1881 as the Twin Fir Winery, the historic site is distinguished as the oldest winery in continuous operation in Sonoma County and one of the oldest wineries in California. The winery was able to stay in operation during prohibition by selling sacramental wines by train to Rabbis through a winery in New York. Originally known as Martini & Prati, which was established in 1902, the winery was run by five generations of the Martini family. Courtney Benham acquired the historic Martini & Prati winery in July 2003.

Traditional winemaking in the Burgundy region of France emphasizes hands-on techniques that create conditions in which a wine's essence can unfold naturally. Martin Ray wines are based on this time-honored approach. This technique depends on the winemaker's ability to know intuitively when to interpose and when to let nature take its course. The Martin Ray intuitive winemaking method includes 100% French Oak barrel fermentation, open top-tanks, punching down the caps, extended barrel maturation and lengthy bottle aging. Thirty 11,000 gallon old-growth redwood tanks dating back to 1904 are still used at the winery and can be viewed during a winery tour. The winery used to have over 1.5 million gallons of redwood tank storage, some single tanks holding up to 35,000 gallons, but many have been removed in order to provide more sophisticated, modern methods of storage. Thirty-two open-top concrete fermentation tanks are also still in use at the winery, as well as stainless steel open-top fermenters, which is a more modern method.

Much of the winery storage areas have been converted to barrel rooms where the majority of Martin Ray wines are stored. French oak barrels are primarily used due to the superb quality and oak accents that give the wines vanilla, spice and often herbaceous aromas and flavor. Mountain fruit are the source of Martin Ray wines, including vineyards in the Santa Cruz Mountains, Napa Valley's Diamond Mountain, Sonoma Mountain and the hillsides of the Russian River Valley.

Courtney Benham Sauvignon Blanc, 2004 Napa Valley

California State Fair Wine Competition - Silver Medal

This excellent Napa Valley Sauvignon Blanc is produced from selected vineyards in the highly acclaimed Oakville and Rutherford regions. This wine exhibits the richness classic varietal flavors that come from this region. Warm days and cool nights with occasional fog provides favorable growing conditions for the vineyards in this appellation. Inviting tropical aromas of honeydew melon and grapefruit with light grassy overtones. Rich flavors of melon, tangy grapefruit and pineapple continue in this wine. This smooth full wine has an ample palate with lingering bright flavors of refreshing citrus fruit. We suggest you enjoy this wine with a spicy dish of prawns tossed with chili pepper and olive oil.

Angeline Cabernet Sauvignon, 2004 Sonoma County

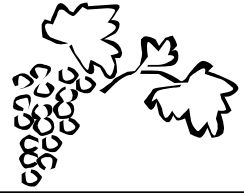
Sonoma County Harvest Fair Wine Competition 2006 - Silver Medal

Produced from grapes carefully selected from some of Sonoma County's finest Cabernet Sauvignon vineyards, this wine will quickly impress you with its fruit forward, easy to drink style, while maintaining an admirable complexity. This wine has a deep garnet hue and aromas of lush fruit: black cherry, blackberry, and vanilla. The rich black cherry and plum flavors are layered with hints of vanilla and creamy oak that linger on the palate. Try this great Cabernet Sauvignon alongside a classic pot roast served over mashed potatoes or beef tenderloin spiced with rosemary.



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This Month's **Epic Reds Wine Club** Selections

Every month our **Epic Reds Wine Club** members receive two bottles of our featured red wines. These wines are some of California's boutique winery's finest offerings. If you're not yet a member, we invite you to join the fun. Happy wine tasting!

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Martin Ray Cabernet Sauvignon, 2003 Sonoma Mountain Reserve

Wine & Spirits Magazine - 94 points

San Francisco Chronicle Wine Competition 2007 - Silver Medal

The grapes for this Sonoma Mountain Cabernet Sauvignon are grown on the slopes of Van der Kamp vineyard, which rises to 1400 feet elevation on Sonoma Mountain above the valley floor. A small percentage of the grapes for this wine are also selected from the Eagle Point vineyard in Mendocino County which sits at 1600 feet elevation. The vineyards nestle on a northwestern slope, where mornings are typically brisk and often blanketed with fog. Warm summers and cool winters bless this region with fairly mild weather throughout the year.

The Sonoma Mountain Cabernet Sauvignon is aged for 30 months in new French oak barrels. This hearty, bold Cabernet has a deep garnet hue with rich aromas of black cherries, luscious chocolate and an underlying whisper of black currant. The rich, concentrated flavors include abundant layers of ripe cherries and black currants covered in vanilla cream, leading to a long, full finish. We recommend you serve alongside a grilled steak topped by your favorite spices or sauteed lamb chops and squash.

Martin Ray Pinot Noir, 2005 Santa Barbara County

San Francisco Chronicle Wine Competition 2007 - Silver Medal

This wonderful Pinot Noir is produced using a striking blend of grapes grown in the cool coastal area of the Santa Maria Valley. The east-west running valley opens up to the Pacific Ocean, allowing the inland flow of fog and ocean breezes, making this region one of the coolest viticultural areas in California with a long, steady growing season. Pinot Noir grapes from this region have intense berry flavors and rich colors due to the many microclimates of the valley. Try this Pinot Noir paired with poached salmon in cream sauce.