

## I am Woman, Hear me Pour

### Treat Mom with a Tasty Retreat

Mother's Day is right around the corner and we have the right gift for your mom.

Designed around an excellent bottle of Charles B. Mitchell Vineyards' California white wine, this simple yet elegant collection of gourmet goodies is the perfect choice.

The delightful character of this wine is paired perfectly with an assortment of gourmet cookies, a rich and silky Cappuccino mix, and delicious sweet candy confections.



Nothing beats the healing power of red wine! Well, that might be going a bit overboard, but studies endorsing the health benefits of red wine consumption for women always get a lot of attention.

Properties in red wine have been shown time and time again, through clinical testing, to help prevent heart disease, some cancers, and reduce inflammation caused by arthritis. Some studies have also shown that moderate amounts of red wine will also help prevent or delay the onset of Alzheimer's Disease and raise the HDL (good) cholesterol levels in women.

If you're going to drink red wine strictly for its health benefits, one small glass a day for women is enough according to a spokesperson for the American Dietetic Association.

However, those women who favor white wine are out of luck. White wines do not have any of the same benefits as red wine because the healthy antioxidants are found in the skin and seeds of the grapes, which are left in during the winemaking process for red wines only. So, to all the white wine drinkers who need to look elsewhere for their antioxidants, look no further than this trifle recipe with antioxidant loaded strawberries!

## Tipsy Trifle

*Whip up this delicious recipe for your Mom*

### Ingredients

- 1 cup lemon curd
- 1/2 cup white wine
- 1/2 cup chopped dried apricot
- 1 angel food cake
- 1/2 cup toasted crushed cashews
- 1/2 cup toasted coconut
- 2 cups of strawberries sliced
- 4 cups of whipped cream
- 3 cups vanilla pudding



### Directions

- Add white wine to apricots for one hour then remove from wine.
- Pour the wine into a glass filled with ice for yourself to enjoy while making the trifle.
- In a trifle bowl place half of the angel food cake layer with 1/2 of the lemon curd, pudding, apricots, strawberries.
- Layer 1/3 coconut, cashews and whipped cream.
- Repeat with second layer.
- Top with remaining whipped cream, cashews and coconut.
- Refrigerate till ready to eat.



# The Grape Vine

Classic Wine Club Selections



## Page Mill Winery, Livermore Valley

Page Mill Winery is one of many family-owned and operated wineries in the Livermore Valley. The winery recently celebrated its 31st anniversary, and is known for producing small quantities of excellent hand-crafted wines.

The winery was founded in 1976 by Dick and Ome Stark when Dick decided to excavate a large cellar under their home. Page Mill Winery has been producing fine wine ever since!

They focused on hand crafted, high quality wines from different growing regions around the state. Page Mill Winery offers more than a dozen varietals from vineyards throughout California, and maintains high quality standards by obtaining grapes from the same vines year after year.

Their youngest son, Dane, joined the family business in 1992. He continues today with the Stark tradition of small lot, vineyard designated wines, focusing on elegance and varietal character.

The philosophy at Page Mill is to be as gentle as possible with the wines to preserve the character of the grapes all the way to the bottle. Their passion for wine is evident in every bottle, so decant and enjoy.

### 2005 Syrah, Sleepy Holler Vineyard, Napa Valley

*Bronze Medal 2008 SF Chronicle Wine Competition*

*Only 404 cases produced*

This wine begins with berry fruit of raspberries and cherries which is quickly dominated by the solid undercurrent of chocolate and leather. Ripe and supple, the mouth feel lingers with medium soft tannins and a touch of vanilla oak as mood lighting to the entire scene.

### 2006 Sauvignon Blanc, Ghielmetti Vineyard

*Silver Medal 2008 SF Chronicle Wine Competition*

*Only 315 cases produced*

This Sauvignon Blanc is crisp on the palate and dry in the finish. It is light enough to go pleasantly as an appetizer or with fruit and mild cheeses. It has herbs and flint in the mid-palate with a floral approach and a lingering finish. The zest of lemon in the mid palate is refreshing and bright. Enjoy this wine with everything from salads to chicken to light pasta or seafood.

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# The Grape Vine

Epic Reds Wine Club Selections



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### 2005 Pinot Noir, Bien Nacido Vineyard, Santa Maria Valley

*Limited Production*

The elegance of a fine burgundy with the influence of bright California fruit. Medium body, well balanced and lingering finish with crushed strawberries and ripe cherry mid palate.

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