

## I Am Woman Hear Me Pour!

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!

## Spinach and Strawberry Salad

### INGREDIENTS

2 bunches spinach, rinsed and torn into bite-size pieces  
4 cups sliced strawberries  
1/2 cup vegetable oil  
1/4 cup white wine  
1/2 cup white sugar  
1/4 teaspoon paprika  
2 tablespoons sesame seeds  
1 tablespoon poppy seeds



### DIRECTIONS

1. In a large bowl, toss together the spinach and strawberries.
2. In a medium bowl, whisk together the oil, wine, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat.

*Mother's Day!  
May 10th*

### *Simple Thoughts*

Express your thoughts with a gift basket that is simply perfect Mother's Day. Wine lovers will enjoy your choice of excellent wine, or a bottle of personalized wine or champagne relaying your thoughtful sentiments.

Our Simple Thoughts wine basket combines your choice of wine with a thoughtful selection of gourmet cheese, crackers for spreading, scrumptious salami, wine bites in a decorated sack, and assorted sweet confections or truffles, to show just how much you care.





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*Classic Wine Club Selections*

## Martin Weyrich Winery

Originally called "Martin Brothers" Winery, the Martin Weyrich Winery was established in 1981, back when the now acclaimed Paso Robles wine country was in its infancy. Over the past 25 years, the winery's history has progressed in tandem with the surrounding wine region. An important part of this history has been the planting of more than 250 acres of premium vineyards in San Luis Obispo County. Since 1981 Martin & Weyrich has planted more than 250 acres in San Luis Obispo County. Currently two of the vineyards are located in the Paso Robles Appellation: The Weyrich Family Ranch, located just a few miles from the winery, and the Martin & Weyrich Estate Vineyard, at the winery. The family also owns the spectacular Jack Ranch Vineyard in Edna Valley, a region renowned for growing some of the best Chardonnay and Pinot Noir California has to offer.

### 2003 Cabernet Estrusco, Martin Weyrich

This understated Tuscan blend hits the mark with its marriage of the dark rich fruit flavors of the Cabernet, and the brighter red berry characteristic of the Sangiovese. The full nose bouquet and the endless bottom belies the simplicity of the blend. The mouthfeel is rich, well-balanced, supple and smooth, yet the finish still retains a pleasing hint of dryness. An incredibly fine wine overall. Pairs exquisitely with tomato based dishes and pastas in general. Makes a great impression sitting on the table, too!

#### *Awards and Accolades*

- Top 10 Best Value Wines, Novum Vinum, Gayot.com
- Finger Lakes International Wine Competition, Gold
- San Francisco Chronicle Wine Competition, Silver
- West Coast Wine Competition, Silver
- Critics Challenge, Silver
- Long Beach Grand Cru, Silver
- International Eastern Wine Competition, Bronze
- Central Coast International Wine Competition, Bronze
- San Diego International Wine Competition, Bronze
- Orange County Fair Wine Competition, Bronze
- Los Angeles Wine & Spirits 2007 Competition, Bronze

## Adler Fels Winery

Adler Fels Winery was founded in Sonoma Valley in 1979 by David and Ayn Coleman with the aim to produce world class wines from premium appellations. This dedication to quality and excellence in winemaking has been consistently recognized by wine critics, judges, and tasting publications. From its first vintage, the winery received critical acclaim and recognition for its elegant production of Gewurztraminer and Sauvignon Blanc. Once the winery expanded to include production of Chardonnay, Cabernet Sauvignon, Merlot and Zinfandel, awards quickly followed for these wines.

David and Ayn Coleman designed and built the original winery and guest house, which are nestled 1,500 feet above Sonoma Valley in the picturesque Mayacamas Mountains. The winery features state-of-the-art fermentation tanks and storage for 700 barrels. Adler Fels also operates a modern production and bottling facility in Santa Rosa.

### 2007 Adler Fels Russian River Valley Sauvignon Blanc

This Sauvignon Blanc has slight floral aromas that are balanced with notes of gooseberry, grapefruit, and citrus peel. The palate is juicy with ripe pineapple flavors and the finish exhibits a slight mineral character and subtle lime notes.

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