

WINE Talk: June 2018

The newsletter of Living Wines: Edition 76

We have been keen to get this newsletter out as quickly as possible so that our subscribers will have first access to some new wines from the Jura. Our newest shipment has wines from Philippe Bornard, Tony Bornard, and Charles Dagand.

It is no secret that we love Jura wines and drink them whenever we get the chance. We love the minerality created by the marl soils that are dominant here, the oxidative notes that are introduced from the old wooden barrels and foudres used to mature the wines and the intense flavours from the organic and biodynamic grapes such as Trousseau, Ploussard, Pinot Noir, Melon le Queue Rouge, Chardonnay and Savagnin that are widely planted in this region.

All of the wines we are receiving this week are highly representative of the wines from this amazing region which we visit so often.

We also have lots of news this month about the frenzy of events in Hobart during June thanks to the amazing work done by the people from MONA in organising Dark MOFO. The Dark MOFO program, including the Winterfeast, is always extraordinary and this year so are the off events that will coincide with it. We've even decided to have a tasting of our own at Franklin on the first weekend and of course will be participating in Bottletops on the second weekend but there is an embarrassment of events. You can read more about these events later in the newsletter.

There are some real jewels in the special packs this month. We have our usual Sale Pack at a significant discount, our annual Tour de France 12 pack at a 20% discount that allows you to drink the wines from the area where the tour is passing through, a pack of wines from the talented Tony Bornard from the Jura and others.

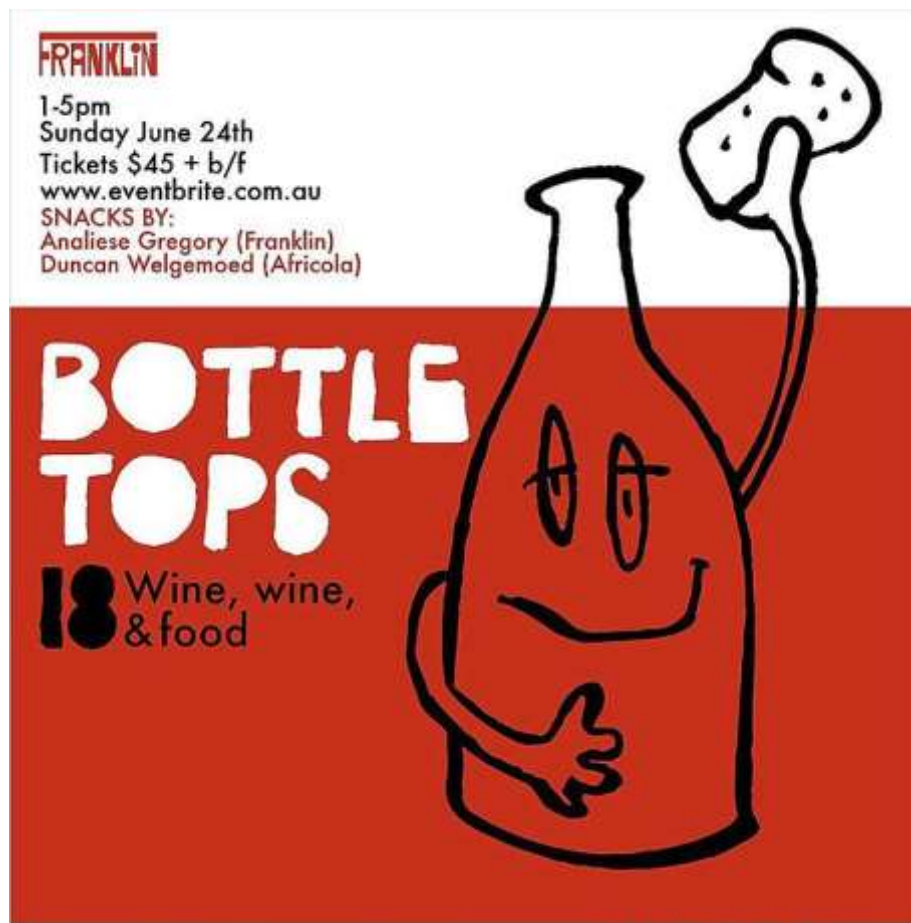
We also have some longer stories for you to enjoy including the start of a strange new series about how our gut bacteria controls our health and why you should drink natural wines to ensure that you do not do too much damage to our tiny, tiny friends.

For a full list of wines currently in stock and their prices see:

<http://www.livingwines.com.au/Catalogue/Catalogue.htm>

There is a link to our order form for these packs and any other wines at the end of this newsletter. But there's no need to use the order form. Just send us an email listing the wines and/or packs you would like to order if that suits you better. We'll confirm the price by return email before processing your order. Please also provide your date of birth so we stay legal (a requirement of Tasmanian legislation.)

Bottletops 2018



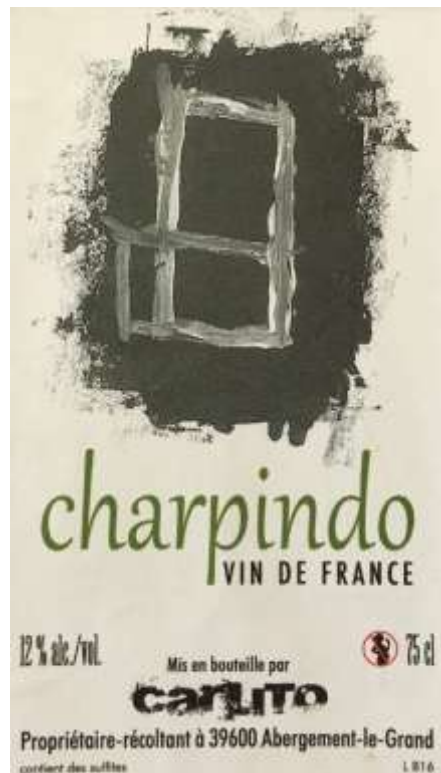
We are delighted that Franklin Restaurant in Hobart will again be hosting the amazingly successful **Bottletops** event which sees natural and sustainable winemakers from throughout Australia along with importers of natural wine from Europe and beyond showing their wares.

Guests will also be able to sample some delicious food prepared by talented Franklin chef Analiese Gregory who will be joined by Duncan Welgemoed from one of Adelaide's leading restaurants, Africola!

We will be cracking open some bottles that will mainly be from the Jura (think Bornard and others) although we may stray into a few other areas of France as well. Please come up to our stand and say hello if you get a chance to attend!

Note that there is more information later in this newsletter about other activities in Hobart during the same period. It is going to be a lot of fun.

June Jura Arrivals – Order Now!



We have just received a small shipment which is entirely sourced from the Jura. We have another shipment from Philippe and Tony Bornard, including a small second shipment of Philippe's 2015 Savagnin Macération Péliculaire, and plenty of new wines as well including, for the first time in many years, Philippe's Pinot Noir Aide Memoire (vintage 2015). It's mainly a red shipment, also containing Arbois Pupillin Trousseau Le Ginglelet 2016 and a Côtes du Jura Point Barre (traditionally this cuvée is Arbois Pupillin) but we will also have Tony's 2016 Chardo Gai Chardonnay, as well as his 2016 Ploussard and Le Pinot. Everything is limited so order soon if you haven't reserved wines already to avoid disappointment.

And we also have two wines from Charles Dagand, a sort of new producer (he was formerly co-owner with Alice Bouvot of l'Octavin so we feel like it's more the return of an old friend). Both are from the 2016 vintage. There is Charpindo, a white wine made from Chardonnay and Pinot Noir (pressed directly so there is no colour) and fermented separately in a very cold cellar very slowly (6 months) and Yavol, a blend of Chardonnay, Savagnin, Pinot Noir, Trousseau and Ploussard, all harvested from the same parcel where the vines are mixed together. It had 6 weeks of maceration and a similar long, slow fermentation. Again quantities are very limited.

Here is a full list of the new wines with prices. Our normal 10% discount for orders of 6 bottles plus there's one special pack with a bigger discount with Tony Bornard's wines because we have a reasonable supply. We're happy to be able to do that – the quantities of most of these wines mean they usually arrive and disappear in a few days.

Wine	Price
Charles Dagand Charpindo 2016	\$77
Charles Dagand Yavol 2016	\$77
Philippe Bornard Côtes du Jura Ploussard Point Barre 2016	\$75
Philippe Bornard Arbois Pupillin Le Ginglet 2016	\$78
Philippe Bornard Arbois Pupillin Pinot Noir Aide Memoire 2015	\$74
Philippe Bornard Arbois Pupillin Melon Le Rouge-Queue 2014 Magnum	\$166
Philippe Bornard Côtes du Jura Savagnin Les Chassagnes 2011 Magnum	\$152
Philippe Bornard Savagnin Macération Péliculaire 2015	\$97
Philippe Bornard Arbois Pupillin L'Ivresse de Noé 2007 50cl	\$69
Philippe Bornard Le Jo Liqueur	\$88
Philippe Bornard Arbois Vin Jaune 2010	\$192
Tony Bornard Chardo-Gai 2016	\$60
Tony Bornard Le Vin de Ploussard 2016	\$60
Tony Bornard Le Pinot 2016	\$60

What's coming ... July arrivals from Robinot and Mosse



July is a Loire month. We're receiving our annual shipments from Jean-Pierre and Noëlla Robinot and the Mosse family.

The big thing this shipment is going to do is improve our pet-nat situation. There's lots of Mosse Moussamousettes 2017 and the word is this is a particularly delicious vintage. Plus we'll have three cuvées of 2017 pet-nat from the Robinots, including Fêtembulles. After the disastrous 2016 vintage when the Loire was decimated by frost the Robinots produced no pet-nats. Although there was also frost in 2017 it wasn't as severe and it is a welcome relief to have their pet-nats again. As well as Fêtembulles we'll have Les Années Folles and the sublime L'as des Années Folles.

From the Robinots there will also be small quantities of Chenin Blancs - Bistrologie 2016, Charme 2016, Iris 2014 and Iris 2015 and in Pineau d'Aunis some more Lumière des Sens 2015 and some Nocturne 2015.

The majority of our Mosse order is the Moussamousettes and a 2016 Vin de France Chenin Blanc that is a replacement for the Anjou Blanc they normally make. With a dispensation thanks to the cruel frosts of 2016 they Mosses were able to purchase some grapes which were from outside the Anjou appellation. They used these grapes to supplement their own meagre harvest from the grapes that would normally make the Anjou Blanc. We also have tiny amounts the top cuvées including some 2016 Savennières Arena, the only plot with no frost in 2016, 2015 Initials BB and 2015 Champ Boucault in 500ml bottles (this is a sweet wine, which would be Coteaux du Layon if it was still bottled as an appellated wine).

We also have some oddities. For chefs there are a few bottles of “La Cuisse” an oxidative 2003 Chenin Blanc which was never topped up. It’s 18% alcohol and quite volatile.



And we have a brilliantly-named 2016 Vin de France rosé called Travel, made mostly with grapes purchased from an organic grower in Tavel which then travelled back to the Mosses’ winery in the Anjou. It’s 40% Tavel Grenache, 40% Tavel Cinsault and 20% Loire Valley Gamay.

Some of these wines are likely to sell out before they arrive. If you want to be considered for a reservation please let us know. We will finalise reservations once we are able to tell you the price, which won’t be until early July.

Hobart – the place to be this June

As a Melbourne friend recently said, “perhaps we should rent a house for a month in June next year and just move to Tasmania for a month. So much happens”. Setting aside the small issue of it being almost impossible to rent property in our town, June is certainly a brilliant time to come south.

The focus is of course DARK MOFO, a wonderful mid-winter arts and eating and drinking festival, organised by MONA (Museum of New Art). A celebration of dark, night, fire, and

nude swimming, it has quite transformed June in our city since its inception in 2013. You can read about this year's highlights [here](#).

DARK MOFO includes the Winter Feast which operates from 15-17 June and again from 21-24 June. It's a wonderful event with plenty of fires, both for cooking and keeping you warm. Two of our favourite chefs Adam James and Luke Burgess are cooking but they are just a small part of what's on offer.

But over those two weekends there are so many off events (not part of the festival but coinciding with it) that we're at risk of forgetting to mention some of them. We're also at risk of missing out, so this list is for us as much as you.

There's so much happening we decided to get in on the action too and we're first in the list – not because it's us but because this list is in some sort of chronological order – as best we could – and our little tasting is first!

Living Wines Public Tasting at Franklin on 16 June from 2pm

There's so much happening with wine during the second weekend we decided we had better do a tasting on the first weekend. Franklin has generously offered to host us to squeeze in a public tasting on the first Saturday afternoon (that's Saturday June 16 from 2pm to 4:30pm). Follow our Instagram account @foodtourist for more information. Although normally closed for lunch Franklin is open for the two weekends of DARK MOFO so you could make it a bigger event and reserve a table for lunch on Franklin's website www.franklinhobart.com.au.

Someday Sessions at Franklin on 17 June

Melbourne pop-up team Someday Sessions (Josh Begbie, Robyn Nethercote, and Pete Cooksley, who's originally from Tasmania) is temporarily relocating to put on a "long, boozy lunch" at Franklin on Sunday 17 June. It's à la carte and lots of great wines are guaranteed. Bookings are on the Franklin website (www.franklinhobart.com.au) – just as if booking for any other meal at Franklin – and walk ins are welcome after 4pm. We'll be there so if you score a reservation please say hello.

Dier Makr - A Cork in the Road – Late night Drinking and Snacks on 17 and 18 June

Late night natural wine drinking is guaranteed during the first weekend with our friends at Dier Makr open from 11pm until 4am on Sunday June 17 and Monday June 18 where they promise "A night of descending disco, sacrificial snacks and the most unholy grape juice this side of the Bass Strait". Tickets are available [here](#).

Tippo@Fico on 18 June

On Monday 18 June, Melbourne's much loved Tippo 00 will take over Fico restaurant with a pop up showcasing their signature dishes. (That's in addition to Andreas from Tippo 00 and Freddy and Oskar from Fico being at the Winter Feast during its first weekend.)

Midnight pasta at Fico on 22, 23 and 24 June

The team that gives you That's Amoré in Sydney and Melbourne (Giorgio de Maria and Pasi Petenan) are teaming up with Freddy & Oskar from Fico to make late-night pasta on the same weekend as Bottletops (Friday 22nd & Saturday 23rd June from 11:30pm – late, and Sunday 24th June from 8:30pm – late (i.e. a Bottletops After party) Giorgio is choosing the wines ... need we say more!

Bottletops at Franklin on 24 June

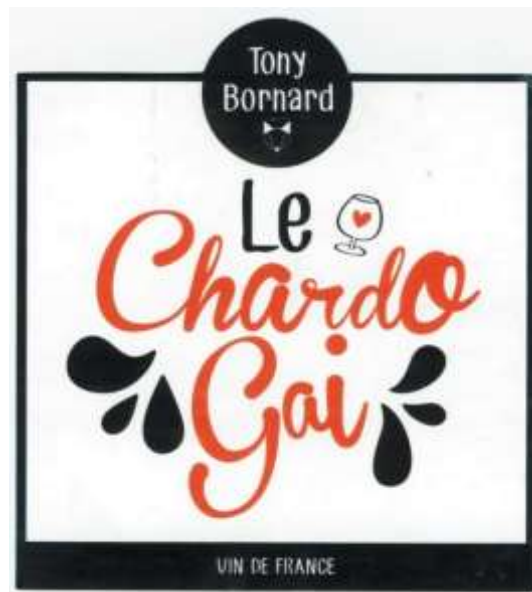
The mother of all these events of course is Bottletops on Sunday June 24. Larger than ever and split over two venues this year (Franklin and Tom McHugo's pub, which is over the road), it's a giant wine tasting with many of Australia's best small producers of wine, beer and spirits plus a handful of importers, including us. Snacks are by Franklin's Analiese Gregory and Africola's Duncan Welgemoed and are part of the ticket price. Tickets for this will sell out in the next few days. Try your luck and learn more about it, including the list of producers and importers, [here](#).

Summertown Aristologist Take Over of Dier Makr on 25 June

And for the last wind down, it couldn't be much better. One of our favourite restaurants in Australia, the Summertown Aristologist, is taking over Dier Makr from 6pm. It's walk ins only and it is guaranteed to be wonderful.

So ... come to Hobart and, if you do, say hello!!!

Pack 1: Tony Bornard Jura new arrivals 6 pack



We are delighted to be able to offer a six pack of Tony Bornard's new arrival wines. We are rarely in a position to do this because Jura wines usually sell out soon after arrival, however this year we were able to wrangle a few extra bottles out of Tony during a visit to his home in the village of Pupillin (remember the photos of our snow-covered car parked outside his house).

We are able to offer three wines for which we will include two bottles of each.

Tony Bornard Chardo-Gai 2016 (2 bottles) – After one sip of this Chardonnay we were delighted! This is a stunning, quaffable, exciting wine that has a clarity in its expression that is quite beguiling. Tony is rapidly being recognised as a thoughtful, young winemaker who recognises that you can only make exciting wines if you do the hard yards in the vineyard to produce grapes of the highest quality.

Tony Bornard Le Vin de Ploussard 2016 (2 bottles) – The Tony Bornard Ploussard is a light, juicy red wine that is perfect for drinking at almost any time of day. It is light in alcohol like many red wines from the Jura region, but it has the characteristic deep flavour derived from the complex marl soils that are a feature of this area. Tony thinks that drinking this wine will "open your mind" (ouvre L'esprit). Ploussard is a grape variety that is native to the Jura region and particularly thrives on the soils around the village of Pupillin which is where both Tony and his father Philippe live.

Tony Bornard Le Pinot 2016 (2 bottles) – This is a 100% Pinot Noir from Tony Bornard. It is useful to remember that Tony's vineyards are only an hour's drive from the centre of Burgundy, so it is not surprising that Pinot is grown here. The vines are about 25-30 years old growing in black and red marl in a parcel just near the famous Pupillin sign you can see as you drive along the N83 from Poligny to Arbois. During maceration Le Pinot had a little pigeage and pump-over.

The RRP for this selection of 6 wines is \$360 but the pack price with a 15% discount is only \$306 including freight to most Australian cities.

Pack 2: \$120 Sale Pack Six Bottles – Massive Discounts



This pack has two whites (Mylène Bru's Chasselas picked from a small vineyard in the south of France and a Chardonnay with some age from Domaine Saint Nicolas from a vineyard with schist outcrops that slopes down to the Atlantic Ocean in the Vendée south of Nantes).

There are also three very different reds (Merlot from Sylvain Bock in the Ardeche, Grenache from Opi d'Aqui, and Fer Servadou from Nicolas Carmarans in the rugged Aveyron region of central France) and a very complicated sparkling wine from Le Temps des Cerises, which is also made from Chardonnay.

Axel Prufer's pet'nat comes with a very big warning. It's still, despite its age, very fizzy. It's one reason why it has been sitting in our warehouse all this time – it's far too difficult to show it. It's possible though, but a challenge, to open it without losing any of the wine. You can either be very patient and ease the crown seal off very slowly to gradually release the gas (not recommended unless you have the appropriate temperament) or, more simply, you can open it into a jug. It's best as a two-person operation where one person lifts the top (with care and with the bottle on a bit of an angle) while the other one has the jug ready and waiting pointing at the top of the bottle on a similar angle but pointing towards the top of the bottle (i.e. two sides of an apex). Allow a large amount of the wine to pour into the jug – more than you think you'll need to – it keeps fizzing. And then when it finally settles down, pour the wine back into the bottle. It's now ready to drink. You may want to do this operation outside in case you fail. And, if you do lose some of the wine, remember that you have a very big discount so you are probably still ahead (sort of)!

- Mylène Bru Lady Chasselas 2015
- Domaine Saint Nicolas Cuvee Maria 2011
- Sylvain Bock Suck a Rock 2014
- Nicolas Carmarans L'Altre Vin De Pays de l'Aveyron 2010
- Opi d'Aqui Ménage à Trois 2014
- Le Temps des Cerises pet'nat La Peur du Rouge 2014

The RRP for this selection of 6 wines is \$246 but the pack price is only \$120 including freight to most Australian cities.

Pack 3: Jean Ginglinger Alsace 6 Pack



Jean Ginglinger makes exemplary Alsace wines, however while some are classic such as his Rieslings, he is certainly not afraid to experiment and produces fine skin maceration wines and oxidative wines. We cannot offer you any of the experimental wines as they sold out very soon after they arrived in Australia. However, we have put in this pack some wines produced from grapes picked from some of the finest terroir in Alsace (such as his beautiful Steinert and Zinnkoepfle vineyards). These are all white wines (his delicious Pinot Noir wines also sold very quickly) but the styles vary considerably depending on the grape variety.

Domaine Jean Ginglinger Vin d'Alsace Sylvaner 2016 (two bottles) – The production of Sylvaner in Alsace almost halved between 1958 and 2006 in favour of Riesling, however since 2006 it has undergone a revival as some young winemakers, including Jean have started making exemplary wines using this grape. Sylvaner was also recognised as a quality grape by the French INAO which created two Grand Cru appellations based on Sylvaner. Jean's vineyards are in the south of Alsace where it is recognised that the best Sylvaner comes from. This wine is well worth a try to savour the flavours of this truly interesting grape variety. Jean describes this wine as thirst-quenching and lively and we can but agree. He also says that it matches well with seafood and salads.

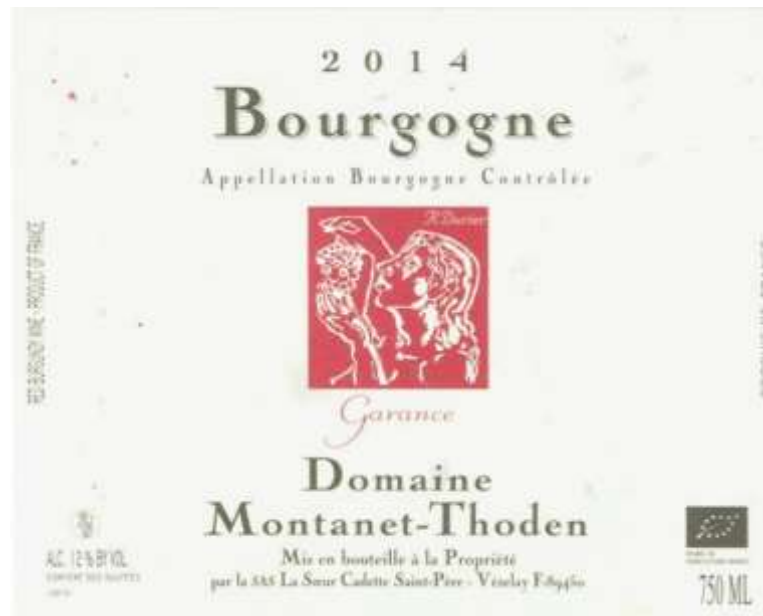
Domaine Jean Ginglinger Vin d'Alsace Riesling Steiner Zinnkoepfle (1 bottle of 2014 and 1 bottle of 2016) – This wine is an elegant, powerful Riesling with grapes sourced from both the Steinert vineyard and the Zinnkoepfle vineyard which lies in a beautiful valley just over the hill from Steinert. The Steinert vineyard lies about 8 kilometres south of the town of Colmar and is one of the highest vineyards in Alsace and benefits from southern exposure. Both of the vineyards are Grand Cru vineyards so the grapes are of outstanding quality, however Jean does not submit his wines to the appellation authorities because they have a preference for wines with quite a lot of residual sugar which does not appeal to Jean who has a preference for dry wines. The characteristic of wines made from grapes of this vineyard is the amazing length at the finish. It simply lingers for ages. The texture of this wine is also characteristic of Jean's winemaking prowess. A beautiful wine of power and elegance.

Domaine Jean Ginglinger Vin d'Alsace Pinot Gris Steiner 2015 – The vines from which this wine is made are from the area called Steinert which is a Grand Cru area. Jean, however, does not apply for Grand Cru status because he doesn't like the level of residual sugar required for this appellation. In this case it is Pinot Gris that has been used to make this incredibly interesting and complex wine which finished much drier than most wines produced here. As always with this amazing vineyard the finish on the wine is very, very long. The flavour and the texture of the wine lingers for ages.

Domaine Jean Ginglinger Vin d'Alsace Gewurztraminer Steiner 2016 – The vines from which this wine is made are from the area called Steinert which is a Grand Cru area. Jean, however, does not apply for Grand Cru status because he doesn't like the level of residual sugar required for this appellation. This is a classic Gewurztraminer with power and elegance and the most amazing aroma. We only have tiny quantities of this wine.

The RRP for this selection of 6 wines is \$293 but the pack price is **\$249.05 including freight to most Australian cities.**

Pack 4: Vézelay 6 pack



This pack comprises 6 bottles from the region of Vézelay in northern Burgundy.

There are wines from three domaines in this pack but all the wines are made by the same winemaker – namely Valentin Montanet. Jean and Catherine Montanet own Domaine de la Cadette. Catherine Montanet and Tom Thoden own Domaine Montanet-Thoden and La Soeur Cadette is another company set up as a 'negoce' which allows them to buy grapes from other organic producers in years where the weather has been extreme. It also allows them to make wines by combining grapes from the two domaines.

We have chosen three whites and three reds for you.

Domaine de la Cadette Bourgogne Champs Cadet Rouge 2015 – While we originally approached the Montanet's because of their white wines, we soon discovered that their red wines are equally as delicious. This red Burgundy is made from 100% Pinot Noir even though small quantities of the César grape are permitted in this region. The Champs Cadet vineyard is one of Cadette's most remote and difficult with lots of stones littering the surface. This is a lovely wine with a velvet texture provided by maturation in old oak barrels, but also with the trademark freshness that makes these natural wines so appealing.

La Soeur Cadette Vin de France Melon de Bourgogne Blanc 2015 – The first time we tried a Melon de Bourgogne from this domaine we were amazed by the purity of the fruit and the depth of flavour (this was at the iconic Paris restaurant, Le Chateaubriand). This grape is common in the Muscadet appellations found around Nantes near the Atlantic coast, however it has almost disappeared from Burgundy. We knew that there were very few producers of this wine left in Burgundy and even fewer who practice organic agriculture. This wine is a great favourite of ours especially given the price considering how little is produced. It is a perfect food wine marrying well with many flavours, but it comes into its own with terrines, parfaits, charcuterie and other light meat dishes.

La Soeur Cadette Bourgogne Vézelay Blanc 2015 – The La Soeur Cadette Bourgogne Vézelay is a blend of grapes grown in the Domaine de la Cadette vineyards and grapes grown in the Domaine Montanet-Thoden vineyards. For this reason they cannot display the name of either domaine, therefore the wine is labelled with their 'negoce' La Soeur designation. This is all due to the rules laid down by the French wine authorities. The wine is, however, able to be labelled with the prized Bourgogne Vézelay appellation which is only available for white wines made entirely from grapes grown within the area. These wines are able to put both the Bourgogne appellation on the label and also the name of the village where the grapes are grown. As a result, this is a very beautiful wine made entirely from Chardonnay grapes sourced from the limestone-rich soils of their vineyards which show many of the characteristics of the Chablis vineyards just slightly north of here.

Montanet-Thoden Bourgogne Vézelay Clos Dû Blanc 2015 – Domaine Montanet-Thoden is Catherine's domaine and this year the Clos Dû cuvée was made by her son Valentin who has been working with Jean in the winery for a number of years. And this wine shows both the similar winemaking technique learned from his father and the slight twist which this talented young man has put on the wine. This is a very fine example of a Bourgogne Vézelay which must, by law, be a white wine made from 100% Chardonnay. This cuvée benefits from the clay and limestone soils in the area which give the strong minerality to the wine.

Domaine Montanet-Thoden Bourgogne Cuvee Garance Rouge 2013 – This red burgundy is a very good example of a red wine from the Vézelay region. The end result is influenced by the fossilised limestone soils that are found here - giving the wines a lively minerality. The grapes for this wine are hand picked from the small plots of vines, destemmed, fermented with native yeasts and matured in old oak barrels. Little sulphur is added to the bottle to maintain the freshness of the wine.

Domaine Montanet-Thoden Bourgogne Cuvee Garance Rouge 2014 – This vintage is very similar to the 2013 vintage, but you will notice some differences due to differences in the weather.

The RRP for this selection of 6 wines is \$263 but the pack price is **\$223.55 including freight with the 15% discount.**

Pack 5 Tour de France dozen with a 20% Discount



It's nearly July; that time of year where in most parts of Australia we've battened down for winter and many of us are preparing for three weeks in front of the television immersed in Le Tour de France watching cyclists race through pretty villages and open fields and then pit their stamina against the narrow winding roads that climb the dramatic hills and mountains of the Alps and the Pyrénées.

Hopefully this year it will also herald many days of blue skies to counter the effects of another wet, stormy spring during which many of the winemakers we work with have been battling daily threats of storms and hail. So far we have no disastrous news and hopefully, having escaped frost damage this year, most will go on to have a good harvest.

For your Tour de France drinking pleasure we've created a dozen pack to complement this year's route. This year it goes nowhere near Burgundy and most of the Loire so we're a bit diminished in terms of what we can offer but we've taken a little leeway to ensure it's a wonderful well-balanced selection.

This list of wines below is roughly in geographic drinking order.

Wine	Region	Category	Variety
Domaine Saint Nicolas Vin de Thierry	Loire	White	Chenin Blanc, Grolleau Gris
Domaine Saint Nicolas Gammes En May 2016	Loire	Red	Gamay
Marc Pesnot Nuitage 2014	Loire	White	Melon de Bourgogne
La Paonnerie Coteaux d'Ancenis Simplement Gamay 2015	Loire	Red	Gamay
Julien Fremont Silex 2016	Normandy	Cider	Apples
Belluard Vin de Savoie AOP Rouge Mondeuse 2016	Savoie	Red	Mondeuse
Sylvain Bock Le Fruit de la Patience 2014	Ardèche	White	Chardonnay
Samuel Boulay Baltringue 2015	Ardèche	Red	Merlot, Viognier
Nicolas Carmarans Selves 2015	Aveyron	White	Chenin Blanc
Le Temps des Cerises Avanti Popolo 2016	Languedoc	Red	Grenache, Cinsault lees
Causse Marines Zacm'Orange 2016	Gaillac	Orange	Mauzac
Champagne Piollot Père et Fils Cuvée de Reserve Brut	Champagne	Sparkling	Pinot Noir, Chardonnay

It begins with two wines from Domaine Saint Nicolas. which comes from the Vendée, where the race spends its first two days. Not for the first time, on day one Le Tour will pass right beside Thierry Michon's vines as it travels between Brem sur Mer and Olonne sur Mer.

It then moves to Cholet, slightly further north. We've picked a wine from Marc Pesnot who's close to Nantes and another from la Paonnerie, in Ancenis, almost due north of Cholet.

For the Brittany stages the best we can suggest is cider from nearby so we've included a bottle of Julien Fremont's Silex and then it's lean pickings from our portfolio until heading, as always, to the Savoie, for this year's first mountain stages. For that the choice has to be Domaine Belluard, and we have a bottle of Dominique Belluard's sipcy red Mondeuse. Leaving the mountains Le Tour heads to the Rhone Valley, finishing on 29 July in Valence, on the banks of the Rhone River and then heads through the gorges of the Ardèche to Mende. We've picked a wine from each of our Ardèche producers, Sylvain Bock and Samuel Boulay for these stages.

The next day begins in Millau, which is an hour or so south of the region around Laguiole, where Nicolas Carmarans has his vines, in the heart of the Aveyron, then heads south to

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Carcassonne. We've included one of Carmarans' wines to represent the start of this leg and one of Axel Prufer's Languedoc reds, which come from vineyards abutting the Parc Naturel Régional du Haut Languedoc, which Le Tour will also pass through that day.

We're not well represented in the next few days in the Pyrénées but, with Toulouse the biggest city in this region, that seemed the perfect excuse to add a Causse Marines wine. Based in Gaillac, they are not too far from this central south-west city. It also gave us a chance to put an orange wine in the pack.

For the final night it has to be Champagne and the one we have included is Roland Piollot's great-value Cuvée de Reserve.

May your favourite cyclist win!

The RRP for this selection of 12 wines is \$580 but with the 20% discount the pack price is \$464 including freight.

Gut bacteria, health and natural wines: Part 1

We have penned yet another set of articles which bring together ideas that have been “fermenting” in our minds about recent scientific discoveries concerning the role of the bacteria in our gut and intestines in promoting our health, the relationship between these bacteria and the foods and drinks we consume and then the role of natural wines in supporting our close friends – the trillions of bacteria that live within us. In this first article we will give you some of the background about the role of gut bacteria before explaining the advantages of natural wine in next month’s newsletter.

The most extensive community in the human body is the bacteria that makes up the gut and intestinal microflora. In fact, the number of cells that make up our body structure (e.g. bones, skin, muscles etc) comprise only one tenth as many of the cells contributed by the bacteria that live within our bodies. In other words, bacteria comprise 90% of our living cells! It has been estimated that 2 kilograms of our weight are taken up by the bacteria alone.

During the 1950s and 1960s bacteria were always discussed using the term "germs" and germs were something that had to be eradicated because they "carried" diseases. And there are some bacteria that do cause us harm, but the real picture of these tiny living creatures is very different to the simplistic conception of them as germs.

It has been a huge change over the past fifty years to discover that bacteria are our friends and that we cannot live without them.

We were reading a paper by Professor Brian Ratcliffe of the Robert Gordon University in Aberdeen entitled “The Potential for Beneficial Manipulation of the Gut MicroFlora by Dietary Means¹”. In this paper he discusses the background to the discovery of the role of gut bacteria and mentions some colourful characters who have studied this topic along the way. He also talks about the role gut bacteria and intestinal bacteria play in keeping us healthy and in good humour.

This is something that has been proposed by scientists for a very long time but has been slow to be accepted by the medical community.

The Greek physician and father of modern medicine, Hippocrates, was obsessed with the "belly" or "gut" (depending on which translation you read). He also was the author of many aphorisms to explain his approach to medicine including the one most often attributed to him that “All disease begins in the gut²”.

This was long before civilization had any proof or sound theory to explain this idea. We didn’t even know bacteria existed. This was until 10 years before Dutch explorer Abel Janszoon Tasman sighted the west coast of Tasmania in 1642. A man who was to become an amateur scientist and general handyman, Antony van Leeuwenhoek was born on the

¹ Brian Ratcliffe (2007) *The Potential for Beneficial Manipulation of the Gut MicroFlora by Dietary Means*. BNF Nutrition Bulletin Vol 24.

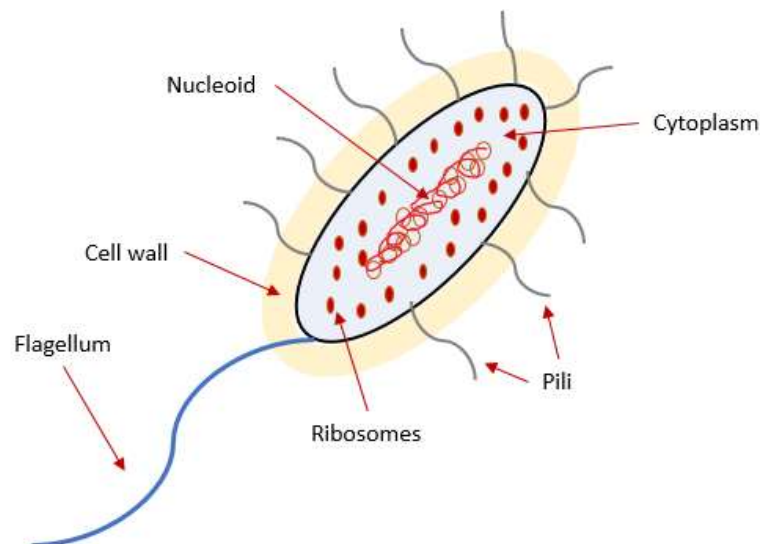
² There has been a recent paper published that refers to this quote in the title of the paper. ‘All disease begins in the gut’: was Hippocrates right? Louisa Lyon (2018) *Brain – A Journal of Neurology*, Volume 141, Issue 3, 1 Pages e20.

24th October 1632 and would make a discovery that would change the way we thought of our health and our bodies - eventually.

It was an exciting time in Europe. It was the same year that Enlightenment philosopher Baruch Spinoza was born – the Dutch philosopher who laid the groundwork for the 18th-century Enlightenment and modern biblical criticism. It was also at the height of the career of French philosopher and scientist Descartes who was responsible for codifying cartesian geometry, it was also the period when much of the greatest baroque music was composed.

Van Leeuwenhoek defied the odds with his discoveries, as he was relatively untrained in the sciences. Despite his lack of a formal education, he was the first person to observe and record single-cell organisms, bacteria, muscle fibres and spermatozoa.

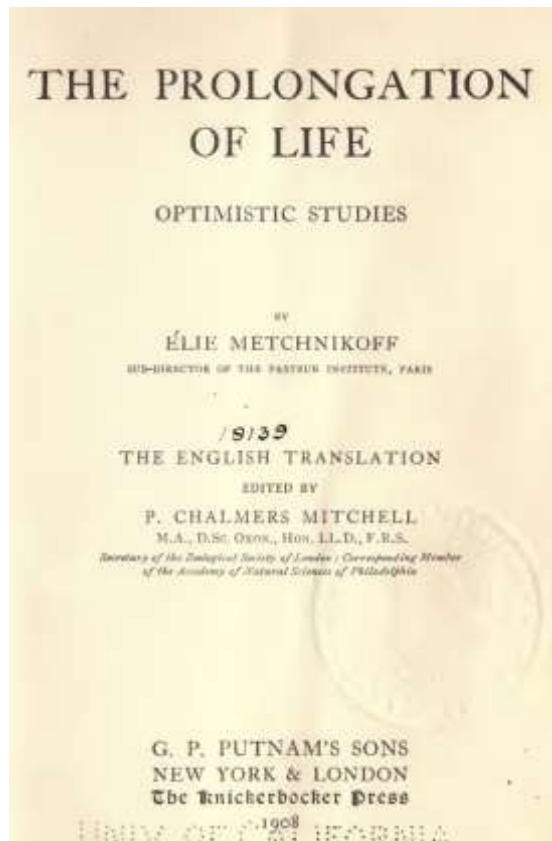
He looked at his own dental plaque through a handcrafted microscope in the late 17th century and spied a hidden world of what he called “animalcules” which were what we would now call bacteria. Today he is considered the father of microbiology.



What Van Leeuwenhoek saw!

In the nineteenth century it was the Russian-born zoologist and Nobel laureate Élie Metchnikoff³ who made a stunningly direct link between human longevity and a healthy balance of bacteria in the body, confirming that “death begins in the colon.”

³ Also sometimes spelled Mechnikov.



In 1908 in a ground breaking publication⁴ he proposed that people of Bulgaria and adjacent countries lived longer and had fewer "senility" problems in old age than other Europeans due to their yoghurt-rich diet and the effect this had on the bacteria in their body and in particular in the intestinal tract.

Since his discoveries, made at a time when bloodletting was still popular, scientific research has brought more and more credence to the notion that up to 90 percent of all known human illness, including malfunctions in the brain, can be traced back to an unhealthy gut. And we can say for sure that just as disease begins in the gut, so too does health and vitality.

It was also Metchnikoff who said that the good bacteria must outnumber the

bad. Unfortunately, most people today carry around more bad, pathogenic bacteria than they should, lacking an abundant and diverse microbial universe within. No wonder we suffer from so many brain disorders.

If only Metchnikoff were alive today to be a part of the next medical revolution that he tried to start in the nineteenth century. This one is finally under way.

In fact Metchnikoff proposed that it was the bacteria *Lactobacillus Bulgaricus* found in Bulgarian and other eastern states' yoghurt cultures that was the main factor in maintaining health in the body.

⁴ Élie Metchnikoff (1908) *The Prolongation of Life: Optimistic Studies* (English Translation by P Chalmers Mitchell). The Knickerbocker Press.

COMPARATIVE STUDY OF LACTOBACILLUS ACIDOPHILUS AND LACTOBACILLUS BULGARICUS

WALTER L. KULP AND LEO F. RETTGER

From the Laboratory of General Bacteriology, Yale University

Received for publication March 12, 1924.

INTRODUCTION

For the past thirty years or more investigators here and abroad have given considerable time and thought to the study of the Gram-positive bacteria which make up the genus *Lactobacillus* (Committee on Classification, 1920).

Members of this genus comprise species which have been isolated from, and considered the most important fermentative agents in fermented milks from different parts of the world, as for example, *mazun* of Armenia, yogurt and kefir of Russia and the Balkans, *leben* rail of Egypt and *gioddu* of Sardinia. Members of this genus have received much attention in the study of the intestinal bacteriology of man and of many of the lower animals, the fermentation of ensilage and sauerkraut and the biology of salt-rising bread. They have been shown also to be a very important factor in the ripening of various kinds of cheese. At times their presence in soil has been noted; in fact they can as a genus be called almost "ubiquitous" bacteria.

This research deals with those members of the genus *Lactobacillus* which for the present may be considered as embodying three main types or species. The first of these is the organism found in fermented milks and called *B. bulgaricus* by Grigoroff (1905). The second is an intestinal bacterium, first isolated and studied by Moro (1900) and designated by him as *B. acidophilus*. The third species is another intestinal organism which is found particularly in the intestines of breast-fed infants and which was first studied by Tinsler (1900) and by him given the name of *B. bifidus*.

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However, later research found that *Lactobacillus Bulgaricus* does not survive in the intestines of humans. This was determined in an elegant paper published by Kulp and Rettger from Yale University in 1924⁵ where they were able to show the similarities between the *Lactobacillus Bulgaricus* bacteria and the *Lactobacillus Acidophilus* bacteria which were so similar that they proposed they be considered as the same species, however *Bulgaricus* cannot live in the human intestine whereas *Acidophilus* finds the intestine a congenial place to flourish.

They also detected a difference in infants who were being fed with breast milk. They had significant quantities of the closely related *Lactobacillus Bifidus* in their

mouths, stomachs and intestinal tracts.

So, by 1924 there was a body of evidence to support the theory that our gut bacteria were an important part of our health and that looking after and supporting our bacteria was an important part of our chosen diet regime.

And now we need to consider the role of another important player in our bodies. We have introduced the idea that bacteria plays an important role, but there are other, non-living actors that are produced by bacteria that are also vital for our wellbeing. These are enzymes.

Enzymes are proteins (most often) that speed up chemical reactions in living things. Enzymes are therefore said to be catalysts of those chemical reactions. Enzymes are not living creatures like bacteria. They are simply molecules that interact with other molecules to make things happen.

Life as we know it would not be possible without enzymes. Enzymes are created by cells in living things.

Humans have an enzyme producing factory in our guts. We have the aforementioned bacteria regulating just about every aspect of our bodies. They do this partly by producing enzymes with different roles. One of their roles in the human body is to break down

⁵ W Kulp AND L Rettger (1924) *Comparative study of Lactobacillus Acidophilus and Lactobacillus Bulgaricus*. From the Laboratory of General Bacteriology, Yale University. Received for publication March 12, 1924. JOURNAL OF BACTERIOLOGY. VOL IX.

nutrients into smaller molecules that can be absorbed by our bodies. Another role is to facilitate signalling and communication among the bacteria and other bodily components so that we don't get sick.

One role of bacterially-produced enzymes is in breaking down phytic acid that is an important ingredient in nuts, grains, pulses, vegetables and cereal products. However, phytic acid in our bodies tends to attract and bind to essential elements such as iron, zinc, calcium, magnesium and manganese thus depriving our bodies of their benefits and causing problems such as anaemia.

However, if we have the right bacteria in our guts then they will produce an enzyme which breaks down the phytic acid and releases these elements thus allowing them to be absorbed.

Some of the most interesting and exciting recent medical research involves the role of the appendix in regulating bacteria and responding to signals indicating problems in the human body and sending specific bacteria stored in the appendix to fix the problem through the production of enzymes.

This research seems to indicate that Charles Darwin may have been wrong in thinking that the appendix was a useless appendage and an evolutionary dead-end⁶. Opponents of the concept of evolution have used this "dead end" theory to claim that evolution didn't occur, as evolution should produce better adaptability not useless appendages.

However recent research has shown that the appendix is actually an example of the marvel of evolution in that it acts as a store for good bacteria and the associated enzymes, releasing them in the gut and intestines when serious infections strike.

So, if our lives depend on a complex ecosystem of bacteria and enzymes it is evident that a simpler sub-system of fermenting grape juice may also be reliant on bacteria and enzymes as well.

You will have to wait until the next newsletter to see what we have to say about how natural wines support and promote the flora in our guts and intestines which, in turn, can make us healthier. We will also report on a number of papers from medical journals that support the information we will provide.

⁶ Heather F. Smith, an evolutionary biologist at Midwestern University in Glendale, Arizona, and William Parker, a surgeon who studies the immune system at Duke University Medical Center in Durham, North Carolina, says it has the strongest evidence yet that the appendix serves a purpose. In a new study, published online in *Comptes Rendus Palevol* (2013) Vol 12, Issue 6 pages 339-354. Even this year this paper is still one of the most popular downloads on that site.

Riesling Grape Variety

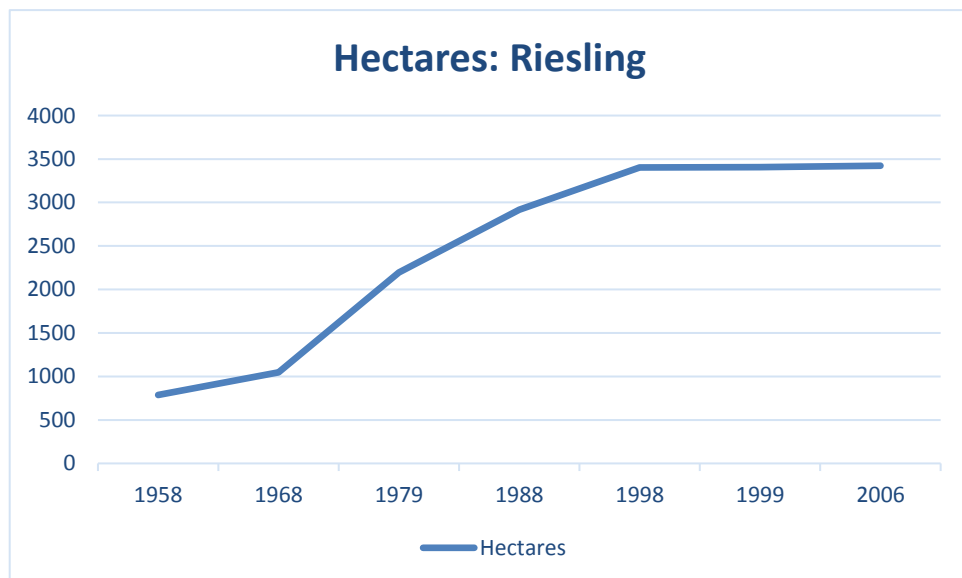
We strongly believe that all grapes are created equal! They all have a unique structure and are capable of producing unique polyphenols that influence the aroma, colour and our taste perception. The problem is that not all winemakers can coax the best out of some grapes.

In the previous newsletter we wrote about the Sylvaner grape variety and how our producer in the Alsace, Jean Ginglinger can coax amazing flavour from this grape that is often relegated to a “blending” grape. Similarly, we love the wines made from the Gringet grape variety in the Savoie which used to be dismissed either as a local oddity or else was said to be the local name for Traminer. It was later proved to be an indigenous variety that has been in the Savoie forever and Dominique Belluard is proving that sophisticated, elegant and delicious white wines can be produced from this grape. This year many sommeliers have commented to us that Alice and Olivier de Moor have produced wines with Chablis-like minerality from grapes that they bought from southern France such as Clairette, Roussanne and Viognier.

And so we return to Jean Ginglinger and his ability to produce delicious wines from Sylvaner, Pinot Gris, and Gewurztraminer. But he also has access to Riesling growing on some of the best Grand Cru slopes in the Alsace region. So, this month we are going to explore this noble grape variety.

Riesling began life, most probably, in Germany where it has been known for many hundreds of years.

As can be seen from the graph below a reasonable amount is grown in France (all in Alsace) reaching a peak of 3404 hectares in 1998 but the area planted has been almost constant since then. It is interesting to note here that within the AOC growing Riesling is only permitted in Alsace. We can find no other appellation anywhere in France that permits this grape to be grown.



The vine leaves lack the normal clearly defined lobes displayed for many grape varieties as shown in the photo below. They are almost circular!

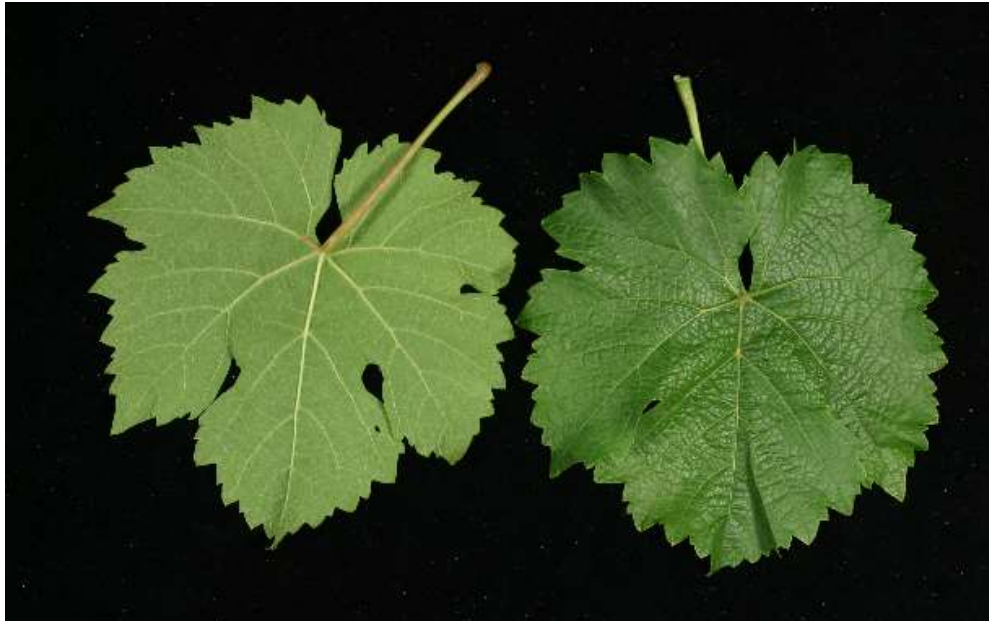


Photo courtesy of Vitis International Variety Catalogue

The large greenish grapes are clustered into tight bunches that hinder air circulation, connected to the characteristically “strong” wooden stems.



Photo courtesy of Vitis International Variety Catalogue

As a final note remember that this month’s Alsace pack has two examples of the beautiful Rieslings produced by our Alsace producer, Jean Ginglinger, as well as a couple of bottles

of the Sylvaner we talked about in the February newsletter and a bottle each of the Gewurztraminer and Pinot Gris picked from the famous Steinert vineyard.

How to order

You can order any of these packs by sending us an email to wine@livingwines.com.au

Or for other wines you can use our order form or just describe the wines in an email.

http://www.livingwines.com.au/Catalogue/Order_Form_Current.pdf

WARNING

Under the *Liquor Licensing Act 1990* it is an offence:

for liquor to be delivered to a person under the age of 18 years.

Penalty: Fine not exceeding 20 penalty units

for a person under the age of 18 years to purchase liquor.

Penalty: Fine not exceeding 10 penalty units

Because of the above penalties we are now required by the Tasmanian Government to collect your date of birth in order for you to order via the Internet. We apologise for this imposition. In the past we have been able to accept a declaration that you are over 18.