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Food: Wine 101 Go With the Flow

By Ann Vogel, FOR THE KITSAP SUN
July 13, 2005

Sip a glass of wine and you're tasting a bit of ancient history. Archaeologists believe wine originated in Persia between 8,500 and 4,000 B.C.

Yet wine also yields hints of more recent history — of the local weather, soil, care of the grapevines and fermenting and aging of the grapes.

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Kitsap County's wine shops, supermarkets, restaurants and wineries offer a palate-pleasing plethora of wines, including those handcrafted from locally grown grapes at Bainbridge Island Winery and shelves of bottles from other regions of the United States, Chile, Australia, France and beyond.

Several local restaurants offer occasional wine dinners, pairing wines with multi-course meals. Wine shops and wineries, as well as Lighthouse Wine Bar and Caf? in Old Town Silverdale, feature regular wine tastings. These venues are ideal for sampling various wines to learn the subtleties of wine, and more importantly, what you like and don't like.

Lance Jennings of Jennings Distributing said chardonnay is the top selling white wine in Kitsap.

"For red wines, after the movie 'Sideways' came out, pinor noir made a resurgence, and merlot and cabernet fell off a little bit," he said.

For wine novices, or anyone a bit intimidated by the overwhelming choices of wine varietals and regions, Kelli Rizzo, owner of Manette Wine Shop suggested, "Just choose one and drink it. Don't worry about what's right to drink with various foods, or be ashamed about your wine choices."

Rizzo opened her shop two years ago after working 20 years in the restaurant industry, and has a down-to-earth sensibility about the fruits of the vine. She holds wine tastings several times each year, offering patrons a chance to try several wines. On Saturday afternoons, she usually opens a bottle so

"Some of the most popular wines now are

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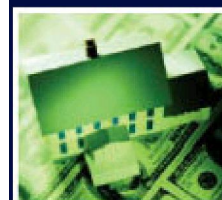
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