



ROBERT SINSEY VINEYARDS

PINOT NOIR, LOS CARNEROS, NAPA VALLEY 2017

20  17

ROBERT SINSEY VINEYARDS

PINOT NOIR

LOS CARNEROS - NAPA VALLEY

261 BARRELS PRODUCED

GROWN, PRODUCED & BOTTLED BY ROBERT SINSEY VINEYARDS
NAPA, CALIFORNIA USA • 100% GRAPE



Pinot Nor, Los Carneros, Napa Valley 2

Regenerative Healthcare!

We are facing an unprecedented, self-inflicted health crisis, yet the cause and potential cure is mostly ignored by those who have dedicated their lives to the craft of western medicine.

As organic farmers for over 35 years in the Napa Valley of California, we have enjoyed the benefits of regenerative farming with its ability to produce higher quality fruit while mitigating industrial agriculture's contribution to climate change through carbon sequestration. As much as we've tried to do the right thing for the planet, one farm is not enough. Climate change induced wildfire and extreme weather ravaged our region for three out of past five growing seasons. We are not in control. We need regenerative practices to become the norm to implement real change. We need all agriculture to embrace regenerative practices to heal an ailing earth and to provide the nutrition and environment to heal an increasingly ailing population.

The collateral damage of climate change in the form of mental and physical health degradation will be the number one health crisis for many generations to come. Regenerative farming, if widely employed, can reverse climate change while providing healthier nutrition. The problem is convincing people that it can make a difference and encouraging them to demand their produce and protein come from regenerative farms.

"I will use those dietary regimens which will benefit my patients according to my greatest ability and judgement, and I will do no harm or injustice to them." The Hippocratic Oath

Western medicine can bridge the divide between human health and agriculture for the benefit of all living things. Education is our primary weapon in fighting climate change induced health issues and we are going to make a stand. The Robert M. Sinskey Foundation* is partnering with the Rodale Institute, The Plantician Project and The Dexter F. and Dorothy H. Baker Foundation to sponsor a conference to educate those who are in the best position to make a difference - medical doctors.

This October, "The Regenerative Healthcare Conference," will be hosted at Rodale Institute's headquarters in Kurtztown, Pennsylvania, to build upon the concept of "regenerative healthcare" introduced in the Institute's 2020 white paper, *The Power of the Plate: The Case for Regenerative Organic Agriculture in Improving Human Health*, in which farming and healthcare work together to create a prevention-based approach to human and environmental health.

To learn more, visit robertsinskey.com/robert-m-sinskey-foundation/ for links to The Regenerative Healthcare Conference and the white paper.

* The Robert M. Sinskey Foundation mission is to advance medical science and improve the quality of medical care throughout the world by supporting education, scholarship, medical and scientific research and clinical activities.

Winegrowing Notes

The vintage of 2017 was best summarized by “expect the unexpected”...a wisdom learned from decades of farming. The most year to date rainfall on record occurred by February 22nd with 28 inches, followed by another 1 to 3 inches of rain in April. Then a blistering, week-long heat wave towards the end of August and into September accelerated ripening. Intentional low yields and organic regenerative farming methods allowed the fruit to achieve full physiological ripeness and night harvest helped to maintain the natural acidity. The entire crop was harvested by September 9th. Roughly one month later, climate change induced wildfires rampaged through Napa and Sonoma, putting an end to RSV’s harvest. The good news: none of RSV’s Pinot Noir was impacted by the fires.

Tasting Notes

RSV’s Pinot Noir from the 2017 vintage has an infectious bounce to its step. Bright aromas and flavors of ripe, red berry and plum set the stage of deliciousness alongside notes of lavender, flowering sage, blood orange and and intoxicating spicy hints of cinnamon, cardamom and vanilla bean. For all of the wine’s playful juiciness and voluptuousness, the finish takes a classic, serious tone of depth and complexity. The polished fully-ripe tannins are youthfully firm, lending a backbone for a lengthy, mouthwatering finish that suggests this wine to be a superlative dinner companion.





PURE AND SIMPLE UMAMI

Something about the umami found in mushrooms and seaweed, both glutamate rich, are perfect with Pinot Noir. If you're enjoying a glass of Pinot Noir with a meal, more often than not, there's usually a mushroom lurking in one of the dishes accompanying your wine. Asian-influenced dishes that combine mushrooms and seaweed connect beautifully with Pinot Noir in glorious ways - especially RSV's Los Carneros bottling. These ingredients have that perfect something that makes Pinot Noir sing.

This recipe lets the delicate flavor of the mushroom shine through while the sesame oil drizzled lightly at the end sends it all home. If you've been an RSV wineclub member for long, you know my blissful thoughts of sesame and Pinot Noir together. The sour plum in the furikake, sprinkled on rice, brings out the fruitiness of the wine while the seaweed adds additional umami to tie everything up in a delicious little box.

This is a wonderfully simple dish that shows off the magical mix of umami and well-crafted Pinot Noir. The hardest part is scoring the mushrooms.

Until the Next Wine.... *Maria*

ROASTED TRUMPET MUSHROOMS WITH FURIKAKE RICE

Look for plump large mushrooms with snowy white stems. If you can't find king trumpet mushrooms you can use just about any other exotic type minus the scoring preparation. Sesame oil is drizzled later in the cooking process because it has a low smoke point and you don't want to burn off its delicate flavor. Use golden sesame oil not the brown toasted type that will mask the subtle flavor of the mushrooms. Serves 2 to 4

1 pound large king trumpet mushrooms	Untoasted golden sesame oil
Expeller pressed vegetable oil	3 cups cooked sushi rice, kept warm
Kosher salt	Umeboshi Furikake or the Furikake of your choice
2 green onions, white and green parts trimmed and very thinly sliced	Soy sauce

- 1.** Cut mushrooms in half lengthwise and with a sharp knife score into small diamonds on the flat cut side. Do not cut all the way to the edge otherwise juices will escape. The mushrooms will “cup” slightly after searing and allow the juices to be retained. The mushrooms can be scored a day in advance and stored well wrapped in the refrigerator.
- 2.** Heat a large sauté pan over medium high heat. Add oil to coat the bottom of the pan and then the mushrooms cut side down. Sear until golden. The diamonds will “bloom”.
- 3.** Carefully turn the mushrooms over with tongs and lightly salt them. Reduce the heat to medium. The juices will rise to the surface and you will see it bubbling between the diamonds. Sprinkle ½ of the green onions on top of the diamonds. They will cook from the steam of the bubbling juices. Drizzle lightly with sesame oil and continue to cook gently for 1 to 2 minutes until mushrooms are cooked through and tender.
- 4.** Place the warm rice in a bowl. Flatten the top. Sprinkle with furikake. Carefully transfer the mushrooms to the rice without allowing the captured juices to spill out.
- 5.** Drizzle with soy sauce and additional sprinkle of green onion. To eat – turn the mushrooms over and allow the juices to drain into the rice.





FINE WINES. ORGANIC VINES.

Robert Sinskey Vineyards
6320 Silverado Trail
Napa, CA 94558
707.944.9090
robertsinskey.com

Winemaker: Jeff Virnig
Chef: Maria Helm Sinskey
Photos and Text: Rob Sinskey
gluttons@robertsinskey.com

