

WINTER 2018

walnut creek

M A G A Z I N E

Finding Balance

GET AN EDGE ON LIVING WELL THIS YEAR

TOP TRENDS

Unlocking the Keys to 2018

NAPA GREEN

Eco-Chic Wine Tasting

COFFEE CULTURE

Artisanal Beans Take Root

NAPA GREEN



Who knew drinking wine was good for the environment?

BY FRAN MILLER

2017 was a rough year for Northern California wine country. But now as it rebounds, Napa Valley Vintners (NVV) welcome back visitors with curated “green” wine-tasting itineraries to match every viticultural mood. NVV’s Napa Green program—one of the most comprehensive environmental accreditations in the wine industry—protects the land and conserves natural resources from soil to bottle. More than half of Napa County’s vineyard acreage, and over 60 of its wineries, are certified Napa Green. ➤



Green Tasting Itineraries

The next time you go to Napa to swirl, sip, and savor great wines, reserve an itinerary with an eye on sustainability. Many of these wineries require appointments, so be sure to call ahead.

History Has Its Eyes on You: Larkmead, Schramsberg, Jericho Canyon

Eco Chic: Chateau Boswell, Phifer Pavitt, Stony Hill

American Dream: Chateau Montelena, Benessere, Trinchero Napa Valley

Bees & Bocce: Honig, Tres Sabores, Ehlers Estate

Can You Say Cabernet: Silver Oak, Spottswoode, Schweiger

Green & Gold: Cakebread, Frog's Leap, CADE

Drive Less, Taste More: St. Supery, Alpha Omega, Long Meadow Ranch

Sparkle & Shine: Mumm, Rutherford Hill, ZD

Hidden Gems: Saintsbury, Jarvis Estate, Porter Family Vineyards

Double Down: Trefethen, Domaine Chandon, Cliff Lede

Art & Architecture: Etude, Artesa, Hess Collection

Stag's Leap Stunners: Clos du Val, Stag's Leap Wine Cellars, Pine Ridge Vineyards



On a recent visit, we went "green" on the Eco Chic tour in and around St. Helena. First stop is **Chateau Boswell**, a boutique gem and the first Napa Valley winery to achieve Napa Green Winery status. Unofficially dubbed 'the Queen of Napa Green' for her continued efforts to reduce water and energy use, proprietress Susan Boswell instills a sustainable ethos in her 17 labels of hand-crafted, small lot varietals. Inside the spectacular 65 foot-under-earth wine cave and tasting room, preserved nooks exhibit the area's volcanic geological history. Initially under the direction of famed winemaker André Tchelistcheff, Chateau Boswell was first known for luscious Cabernet Sauvignon but since then has expanded its portfolio to include Russian River Chardonnays and Sonoma Coast Pinot Noirs.



Next it's a short trip to **Phifer Pavitt**, winner of the Great Wine Capitals' 2017 Sustainable Wine Tourism award, for "Date Night" Sauvignon Blanc and Cabernet Sauvignon. Owners Suzanne Phifer Pavitt and Shane Pavitt named their wines after all-important weekly date nights when many life decisions were made, including the decision to purchase the land for their winery.

The duo has built a sustainable environment from the ground up: an eco-chic tasting 'barn' is insulated with recycled blue jeans; a carefully crafted free form wood countertop floats; the floor is hand stenciled and rustic wire chandeliers illuminate the space. And of course, their vineyards are farmed using organic and sustainable methods. ➤



Last stop is **Stony Hill Vineyard**, the oldest continuously operating winery in the Spring Mountain District. This small family winery started making white wines more than 60 years ago, and recently a Cabernet Sauvignon made its way into their stellar line-up. Stony Hill prides itself on creating 'non-interventionist' wines from flavored fruit grown in rocky, hillside soils. Founders Fred and Eleanor McCrea have passed the reigns to granddaughter Sarah McCrea who continues to dry farm the certified Napa Green Land, just as it's been tended since the winery's inception.

STAY

Luxurious **Meadowood Resort** sits in the heart of valley, discretely tucked into the hillside off of Silverado Tail.

The resort blends seamlessly into the surrounding oak and redwood tree-studded terrain. Chef Victoria Acosta crafts a culinary menu of delectable and healthy dishes that utilize ingredients from the property's multi-acre organic garden. A stay here is not complete without a visit to the spectacular spa. Holistic facial and body treatments take place in serene private suites where trained therapists apply certified organic, non-toxic products. Afterward, lounge in the relaxation garden and sample house-dried fruits, nuts, grains, and nourishing elixirs.

DINE

Continue the sustainable spirit of your weekend with a meal at **Farmstead** at Long Meadow Ranch, a true farm-to-fork dining experience that showcases the talents of local farmers, cattle ranchers,



and winemakers. Chef Stephen Barber utilizes the spoils of this certified organic 700-acre ranch in his American farmhouse cuisine. Grass-fed beef and lamb, seasonal produce, extra virgin olive oil, Cabernet vinegar, fresh eggs, and honey are raised, harvested, and handmade on the farm before making their way into dishes like deviled eggs, caramelized beets, beef chili, and smoked ribs. The dining room's high barn ceilings, brown leather booths, and hay bale lighting fixtures create a warm and welcoming ambiance.



What is Napa Green Land Certified?

Land owners who assess all aspects of their property including farming practices, roads, and waterways, and implement measures to retain soils, prevent erosion and harmful runoff, conserve water resources, and restore wildlife habitats.

What is a Napa Green Winery?

Wineries that implement 100+ measures beyond compliance to conserve resources, prevent waste, and enhance the efficiency of their operation.

Wine Country Women of Napa Valley

A new book, *Wine Country Women of Napa Valley*, by author Michelle Mandro is a compilation of family recipes, honored traditions, and stories from more than 60 of Napa's most influential women who share their wisdom on health and wellness.

