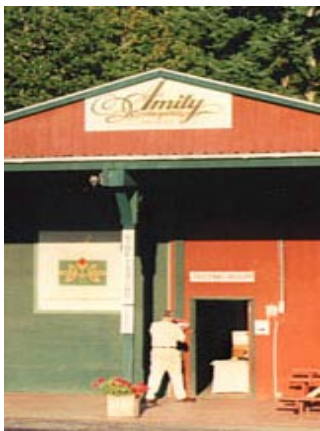


EcoVine EcoEsprit™



Amity Vineyards at the Forefront



In 1974 Myron Redford purchased a small, existing vineyard in Amity, Oregon. His dream was to make world-class Pinot Noir using grapes from dry-farmed, hillside vineyards in Oregon's Northern Willamette

Valley. At that time, Myron was one of a handful of pioneers to realize that the Northern Willamette Valley's maritime climate, long growing season and Northern latitude were perfect for cultivating cool-climate wine grapes like Pinot Noir. The next two years were spent learning farming and preparing for making the first vintage of wine. He built the winery himself in 1976 and has been making wine ever since. Along with his on-the-job training, he took courses and seminars at both the University of California at Davis and Oregon State University.

Soon, people around the world were tasting Myron's Pinots and moving to Oregon to try growing and bottling Pinot Noirs for themselves. Today, the Northern Willamette Valley is home to over 200 wineries. Oregon is universally recognized as one of world's great cool-climate

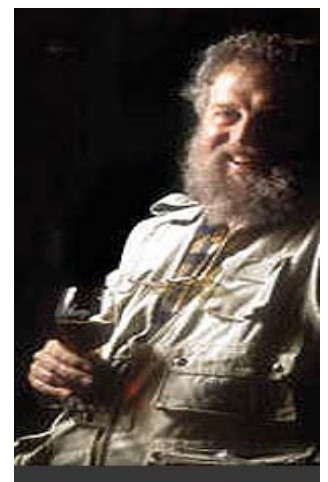


wine growing regions and Amity Vineyards continues to be recognized as one of Oregon's top producers.

Since those early days Amity wines have won many national and international awards. Myron's tradition of excellence continues. Amity Vineyards' Pinot Noirs have taken back to

back Gold Medals in the Oregon State Fair and the McMinnville Wine and Food Classic, two of Oregon's premier wine competitions. In a recent tasting of over 140 Oregon Pinot Noirs held by the Wine Press Northwest, Amity Vineyards outperformed all other Oregon wineries with three wines rated "Outstanding" and one rated "Excellent". At the 2002 Northwest Wine Summit, Amity Vineyards received the "Award of Excellence", bringing home five medals in four different categories. Robert Parker, renowned wine critic, stated that Amity's Pinot Noir was one of the best Pinot Noirs he had ever tasted.

Myron Redford - Winemaker



Flu Season Is Coming – Go For Offensive Measures

A vaccine might be the first conventional line of defense against some flu, but unfortunately not all viral infections. You can fortify your immune system with preventative actions! Here is a list of adjunctive flu fighters.

- Use the typical precaution of washing your hands frequently.
- Wipe down your desk and phone with antiseptic wipes.
- Avoid your doctor's office when possible, a gathering place for germs.
- Want to try an additional therapy? Oscillococcinum, an over-the-counter homeopathic medicine made from wild duck heart and liver.
- Drink cranberry juice. New research suggests the compound found in cranberries stops or reduces the ability of the flu virus to stick to cells and infect them.
- If you drink, make it red wine. The antioxidant resveratrol has been acclaimed for its cardiac benefits and anticancer properties. It may also be able to ward off the flu. According to the University of Minnesota's Center for Infectious Disease Research and Policy, resveratrol appears to block host-cell functions that are essential for viral replications. Resveratrol is also found in grapes, raisins and peanuts.
- Eat aged garlic extract which has been shown to provide protection from cold and flu. It also keeps people away during flu season.
- Avoid crowds, stair railings and grocery store carts.
- You may want to limit shaking hands with others.
- Cough into your elbow to help prevent spreading germs when you do shake hands or touch things.

Don't let your immune system be over-taxed. Be sure to get plenty of sleep!

"Bottle Shock"

Now there's an alarming word. To put your mind at ease, let's explore the term. "Bottle shock" is more intense in sulfite free wines. Normally when a wine is bottled, sulphur dioxide is added. This combines with the oxygen that naturally enters wine during the bottling process and the aromatic compounds are protected from oxidizing. The aroma of a young wine tends to be slightly suppressed, but it smells similar to what it will as it ages. However, wines that do not have added sulfites allow the oxygen to combine with the aromatic compounds and changes their character. The wine does not smell like it will smell in a few months. It also does not smell as good as it tastes. The wine usually recovers from this initial shock and the natural fruit aroma returns in three to six months after bottling.

Pinot Noir, the Feminine Gender?

Roger Downey, a wine writer for the Seattle Weekly, once referred to Pinot Noirs as "the only ones it seems natural to refer to in the feminine gender". Their virtues are those traditionally associated with "women of refinement". He described them as "soft-spoken, a little reserved, unassertively alluring, a little unpredictable perhaps but, once acquaintance is made, endlessly fascinating and delightful".

Vicky Lorelli Founder 