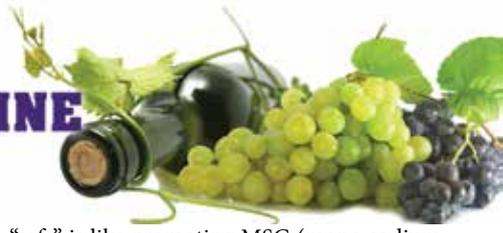




ORGANIC WINE

by Gary Lochte



What amount of FLUORIDE and PESTICIDE is acceptable in your wine?

Do you like clean food? Do you prefer food and beverages free from GMO (genetically modified organism), petroleum pesticides, and fluoride? Do you reject the agenda of the biggest “for profit” corporation’s mantra that fluoride, pesticides, and GMO are safe? A growing number of folks are saying “NO!” to GMO and fluoride.....Good wine is no exception.

Many private vineyards have entered the organic wine market as an answer to the public’s demand for clean beverages. Vineyards that produce organic wine appear to have developed strict production standards. They also appear to have done a remarkable job of controlling the added expense of avoiding cheap fluoride and pesticide-laden grapes in favor of more expensive, high quality grapes from organic farmers. Cutting-edge organic wineries have mastered the art of fermentation without the use of “added” sulfates and sulfites. For many wine enthusiasts, the sulfates and sulfites are the chief cause of brain-fog and body ache usually associated with enjoying more than one glass.

Sulfites are naturally occurring in grapes but in miniscule amounts. The problem is not sulfites which occur naturally, but those which are “winery added.” The sulfite content is 350 to 400 parts per million in most name brand wines while Organic wines tend to contain sulfite’s in only 40ppm concentrations. The latter is generally considered a safe amount.

Sulfites are used to clean equipment and bottles when making beer, wine, or spirits. However, other safe sanitizers can be used. Bleach is a good example. Bleach, even when heavily diluted, sanitizes just fine, but it requires massive rinsing. Some people are allergic to sulfites in small quantities, while other folks seem to tolerate higher amounts. Sodium meta-bisulfite is used to sanitize bottles before bottling. SMBS is also used by some winemakers to clean the barrels they use for aging. Declaring sulfites as

“safe” is like promoting MSG (mono sodium glutamate) as a safe flavor enhancer. I avoid them like the plague.

As for fluoride.....the fact that it is harmful to humans and animals is no longer arguable. The trendy wineries have masked the presence of fluoride in their products by giving the toxin an unrecognizable name. Regardless of what they name it, fluoride is probably best avoided. In particular, many California wines are laden with fluoride.

Good tasting organic wines are increasingly available....in fact, local grocery markets now offer an impressive variety of organic wines produced in the United States of America as well as from other countries. These quality organic wines have character, wonderful flavor, and are competitively priced.

There are many local wineries. Nearby Communities like Gruene near New Braunfels, Fredericksburg, and Kerrville boast of fine number independent wineries. When you call or visit them, ask about the availability of organic wines. If your local winery does not produce a line of organic wines, let them know that you prefer organic. The “purse” is very successful in persuading businesses to produce products that consumers demand.

