

The FLAVORS of Napa Valley



Valued Customer Newsletter
from Vallergera's Market
and JV Wine & Spirits

SEPTEMBER + OCTOBER 2010

VALLERGA'S GOURMET CHEESE SECTION

Our team can help you with cheese

Maybe you have been drawn to our "wall of cheese," but then your eyes have glazed over as you got close. So much cheese to choose from! Where to start, how to start? Talk to the two at right, Alma Rodriguez and Sadona Silva. They will help you select the perfect cheese for your taste and needs. And look for our new artisan American cheeses. Vallergera's recently attended the annual conference of the American Cheese Society in Seattle, looking for new types to carry in our store.



Fruits & Veggies

LETTUCE GIVE THANKS:

- Lettuce is a member of the sunflower family.
- Americans eat almost five times more lettuce now than they ate in the early 1900's.
- Iceberg lettuce was called "crisp head" until the 1920's. To keep the lettuce cool during shipping, huge quantities of ice were mounded on top of it, giving it the appearance of an iceberg.
- The United States ranks second in world lettuce production. China is #1.
- As a general rule, the greener the leaf, the higher the nutritional value.

SECRET SOURCES

OF HEALTHY EATING:

- **Blueberries** boost immunity. Don't just think of blueberries for cereal or pie. Blueberries are a sweet surprise in salads, as a solo snack, or served as a side dish with poultry and meat.
- **Apples** protect lungs. An apple and cheese snack is smart as well as tasty. Cheeses such as gouda, mozzarella or cheddar in particular, may counteract the sugars in apples that could lead to tooth decay.
- **Avocados** neutralize heart risks. Use them in place of spreads like butter or mayonnaise.
- **Chili Peppers** burn calories. Keep some red pepper powder



Riesling: Plays well with others

by Catherine Seda for JV Wine & Spirits

Wine lovers are really enjoying fresh white wines lately, giving heavier whites a run for their money. Riesling is one of those varietals that can play both sides of the field. The wines have plenty of acidity so they are refreshing and crisp, but they can also be mouth-coatingly rich and full-bodied. There are many different styles of Riesling produced—from bone dry to hauntingly sweet. Even if the wines are sweet, the acidity is still there, balancing the sweetness.

The aromas and flavors of Riesling are irresistible and can include apple, peaches, floral, ripe limes, slate, minerals, honey, citrus and

toast. Riesling is also a great food wine, and makes numerous dishes just that much better.

Riesling, it seems, plays well with others, no matter their tastes.

Germany makes some of the most memorable Rieslings in the world, along with France's Alsace, Australia, Austria, and Washington and California in the United States. Here are a few quick tips to picking a German Riesling to go with your dinner tonight!

Do you want a drier, refreshing wine? Some German wine producers are starting to put the word "dry" on their label, making it very easy for you. When you

continued on page 3

continued on page 3

Events & Tastings at JV

UPCOMING "HAPPY HOUR HAPPENINGS"

(Third Friday of every month.
Always 5- 7 p.m. and always
only \$10/person)

Oktoberfest!!

Friday - September 17
German wines AND BEERS
to wash down sausages,
sauerkraut, and pretzels.

Ports, Sherries, and Desserts!

Friday - October 15

SPECIAL HALLOWEEN EDITION:

Scary Wines and Costume Party/ Competition

Friday - October 29

SPECIAL BEAUJOLAIS EDITION:

2nd Annual Beaujolais Nouveau Release Party

Thursday - Nov. 18

2nd Annual Champagne & Caviar Party

Friday - December 17

OTHER TASTINGS

on other Friday nights: 5-7
\$5 per person

SEPT. 3 - MATT WALRATH
pouring Hill Family wines,
including The Barrel Blend

Recipes for You



Baked Penne Pasta With Zucchini

(Healthy Recipe Finder)

What You Need:

- | | |
|---|--|
| 2 cups whole wheat penne (6 ounces) | ¼ teaspoon kosher salt |
| 2 teaspoons virgin olive oil | 1/8 teaspoon freshly ground black pepper |
| 2 medium zucchini (1 lb. total),
cut into small cubes | ½ cup shredded reduced-fat
Mozzarella cheese |
| ¾ lbs. green beans, trimmed
and cut diagonally in half | 2 tablespoons grated
Parmigiano-Reggiano cheese |
| 1 can (14.5 oz.) no-salt-added diced tomatoes | |
| 1 cup tomato-basil pasta sauce | |
| ½ cup water | |
| ½ teaspoon salt-free Italian seasoning | |

And How to Make It:

Preheat oven to 375°. Prepare pasta per package directions (reducing cooking time by 2 to 3 minutes). Drain.

Heat oil in large nonstick skillet over medium-high heat. Add zucchini and green beans. Cover and cook, stirring occasionally, 8 minutes or until vegetables are lightly browned. Stir in tomatoes (with juice), pasta sauce, water, Italian seasoning, salt, and pepper. Cover and simmer 4 minutes.

Transfer half of the pasta into a 2-quart baking dish coated with cooking spray. Top with half of the vegetable mixture. Add remaining pasta and vegetables. Sprinkle with cheeses. Cover and bake 30 minutes or until bubbly. Uncover and bake 10 minutes longer.

Wine Pairing: Napa Valley Sangiovese or an Italian Chianti

Apple Pear Cranberry Crisp

(Healthy Cook)

What You Need:

- | | |
|---|---|
| 3 Granny Smith apples,
peeled, cored, and sliced | 10 gingersnap cookies, crushed into crumbs
(about ½ cup) |
| 2 pears, peeled, cored, and sliced | ¼ cup whole wheat flour |
| 1 ½ cups chopped fresh or frozen cranberries | ¼ cup brown sugar |
| 2 tablespoons brown sugar | ½ teaspoon ground nutmeg |
| 1 tablespoon cornstarch | 1 tablespoon light butter, melted |
| 1 tablespoon apple cider | 2 tablespoons vegetable oil |
| 1 ½ teaspoons ground cinnamon, divided | ¾ cup old-fashioned oats |

And How to Make It:

Preheat the oven to 350°. Combine the apples, pears, and cranberries in a large bowl. In a small bowl, combine the 2 tablespoons brown sugar with the cornstarch, apple cider, and ½ teaspoon cinnamon. Pour the mixture over the fruit, tossing until coated. Place the fruit mixture in a 13"x9" baking dish coated with cooking spray.

Combine the gingersnap crumbs, whole wheat flour, brown sugar, nutmeg, and remaining 1 teaspoon cinnamon in a medium bowl. Pour in the butter and vegetable oil, stirring with a fork until the mixture is moistened and crumbly. Stir in the oats and sprinkle evenly over the fruit. Bake uncovered for 35 minutes, or until the apples and pears are tender. Makes 10 servings.

Wine Pairing: Riesling

Rieslings...

continued from front page

don't see that, look for the term "Kabinett." This term is one of several that can be put on quality wines (called Prädikat) from Germany. Kabinett is the driest style.

If you see Spätlese, the wine can also taste pretty dry, but it is not a given. The term means "late-picked" and so the grapes were riper when picked, and the wines often have more body than Kabinetts. If you want a richer wine, and don't mind if it is either dry or off-dry, then this is a good choice for you.

If you want sweet, you should enjoy an Auslese. Auslese means "selectively picked." The grape clusters are specifically picked because they were at a certain, desired ripeness level. These wines tend to be richer, and will be off-dry to sweet.

With Riesling being such a versatile grape, we hope you enjoy trying several, from dry to sweet. Happy Riesling tasting!

Some of the Riesling wines you should try (and they start at \$11!) are:

- **DRL Riesling 2006:** From the famous Dr. Loosen who has vineyards in the Mosel and the Pfalz. Only 8.5% alcohol.
- **Selbach Riesling Dry 2006:** Labelled clearly to tell us it is dry!
- **Selbach-Oster Graacher Himmelreich Riesling Kabinett Trocken, Mosel:** Clearly telling you it is dry with the "trocken" notation.
- **Weingut Jakob Schneider Riesling Kabinett, Nahe.**



Valued Customer Coupon

\$2.00 OFF

ANY FRESH DELI ITEM

from our full-service delicatessen.

\$2 minimum purchase Coupon expires 10/31/2010
Limit one coupon per customer



Vallerga's Cheeses of the Month

SEPTEMBER CHEESES

- **Jarlsberg** – From Norway, this cow's milk cheese has a nutty flavor and tastes sweet and buttery. Pair with Merlot.
- **Rhinette** – From the pristine Allgau mountain region of Germany, where the cows feed on grass and hay, this is a spirited young cheese with the refreshing fruity fragrance of fresh apples, as it is brushed with apple cider during maturation.
 - **Hirtenkäse** – From the same mountain region as Rhinette, Hirtenkäse is carefully aged and full-flavored. It is great with fresh and dried fruits, or drizzled with warm honey, garnished with nuts.

OCTOBER CHEESES: FROM LOCAL NICASIO VALLEY CHEESE CO. IN WEST MARIN COUNTY

- **Formagella** – Bloomy rind, Brie-like – aged 15-30 days
- **Black Mountain** – Classic Swiss-Italian Mountain Cheese – aged up to two years – firm texture, nutty flavor
- **Nicasio Square** – Wash rind – intense flavor – great with fig spread on crackers



Fruits & Veggies

continued from front page

handy and get in the habit of adding a pinch to soups, omelets and sauces.

- **Watermelon** aids prostate health. Serve it as a side dish with fish or chicken and rice, or try it for breakfast served with whole-grain muffins.

TOMATOES AND LYCOPENE:

- Lycopene is a vital anti-oxidant that we know can help in reducing cancer cell formation. It also is helpful in fighting other diseases. Free radicals can be flushed out of the body with high levels of lycopene, and the tomato is so amply loaded with this anti-oxidant that it actually gets its color from this nutrient.
- The health benefits of eating tomatoes are becoming more evident every day. Many cancers have been proven to be staved off by high levels of lycopene; researchers have introduced lycopene into pre-existing cancer cell cultures and it was proven that lycopene prevented the continued growth of these cultures.
- Research is now slowly proving that there is a high likelihood that the consumption of tomatoes and tomato-based products actually may reduce the risk of macular degenerative disease.

(Some information from healthfood-guide.com)

EASY ACCESS • EASY PARKING • EXPERT STAFF



REDWOOD PLAZA
Solano at Redwood
Open Daily 6 a.m. - 10 p.m.
Phone: 253-2621
Deli: 253-8780
Fax: 253-1744
Toll Free: 877-469-9463
www.vallergas.com

301 First Street
Corner of First Street & Silverado
Open Daily 8 a.m. - 9 p.m.
Phone: 253-2624
Fax: 226-5293
Toll Free: 877-469-9463
www.jvwine.com

If you do not already receive this newsletter in the mail, please give your name and address to one of our clerks, and we'll put you on the mailing list. Also, if you have been receiving it and have recently moved, give a clerk your name and new address. If you happen to receive two copies, please give one to your neighbor!

PRESORT
STANDARD
U.S. Postage PD
Napa, CA
Permit #103

 PRINTED ON RECYCLED PAPER

Employee Anniversaries

Stop by and congratulate these employees on their years of service with Vallerga's and JV

September + October 2010

Our sincere apologies for not recognizing Margie McLaughlin's 21 years of service in the Deli department in our previous newsletter.

SEPTEMBER

12	Kathy Enos	Floral/Delivery	16 years
19	Ken Arnold	Maintenance	2 years
20	Randy Erickson	Meat	11 years
26	Jeff Forthum	Grocery/Produce	17 years

OCTOBER

10	Scott Flotre	Grocery	33 years
19	Lori Weber	Deli	23 years
29	Cheryl Asher	Deli	14 years
30	Arene Langley	Grocery	24 years

Upcoming Wine Events

at JV Wine & Spirits

EVERY THIRD FRIDAY

"Happy Hour Happening"

Our themed monthly event features an incredible line-up of wines to taste. Cost is only \$10/person.

More information on page 2

Every Tasting is a New Adventure
www.jvwine.com