

# BLUFFER'S GUIDE TO... SUSTAINABLE WINE

**BETTER  
FOOD**   
Organic. Local. Ethical.

## So, what is biodynamic wine then?

Biodynamic principles follow similar methods as organic, but also see the vineyard as a whole living organism where all parts are intrinsically linked. A natural balance is encouraged, with high biodiversity in the vineyard, as well as composting, recycling and as few external inputs to the vineyard as possible.

Biodynamic approaches advocate some unusual methods, such as burying a cow's horn filled with manure in the soil, and following a biodynamic calendar based on the moon's sidereal cycle. The cycle specifies four different days – root, fruit, flower and leaf. There is much debate within wine taster circles suggesting wine tastes fuller and richer on a fruit day, and more aromatic on a flower day. Some of the greatest wines in the world are biodynamic.

## Terroir!?!

Pronounced teh-wah, 'terroir' is a French term used to describe the belief that you can taste the land that the grapes in a wine were grown from. It goes without saying that better cared for land and grapes will yield better tasting wine, if all other variables remain the same.

Continued...

Try  
this...

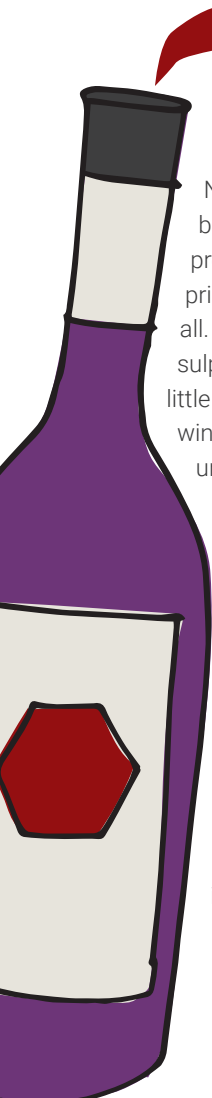
**We think you'll love  
the fresh, zesty  
flavours of Parra  
Jimenez Biodynamic  
Sauvignon Blanc  
(£9.49)**



Try  
this...

**We believe the  
clay-limestone soils  
of biodynamically  
farmed Château  
Couronneau  
Bordeaux Supérieur  
(£12.99) make the  
Merlot extra-special.**





## And natural wine?

Natural wine isn't really regulated, but loosely describes wines that are produced using organic or biodynamic principles with no use of additives at all. This stance, especially no use of sulphites, can lead to the taste being a little variable. When they're good, natural wines are delicious and often pretty unique in flavour.

## Fair Trade

Trade standards are designed to improve employment conditions protect the rights of vineyard workers, supporting small wine farmers' organisations in gaining control within supply chains and increasing their incomes.

Try this...

If you are sensitive to sulphites try out the red-cherry flavoured Symphony Garnacha 'No Added Sulphites' from Spain (£13.99).



Try this...

Try out our Running Duck Shiraz (£10.49) from South Africa – Fair for Life certified!



U25

**UNDER 25?**

Please be prepared to show ID when buying alcohol

drinkaware