



Nobody Talks About Wine in January

By Snooth Editorial and Gabe Sasso, January 15, 2016

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Nobody likes talking about wine in January. Sadly, wine is an abomination during this month of raw vegetable juice cleanses and soy milk smoothies. But we, as a society, are missing the point: The health benefits of wine and drinking in moderation are well-documented. A daily glass of wine has been correlated with increased heart health and decreased risk of dementia, and that's just the tip of the iceberg. As we atone for the abuse through which we put our bodies in December, wine and wine-like beverages need not be forgotten. Detoxification is not an all-or-nothing game, and the web's top wine writers have found the perfect wines to guide you through your January detox. Read on to discover the beverages most beneficial to your health in the month of January.



Gustafson Estate Rosé of Syrah 2014

The holiday season is over which for most means it's a time to slow down, or halt, the over indulging and clean our systems out a bit. We're all eating, or promising to eat lighter, healthier foods. Some are saying they're going to imbibe less wine too and still others are going completely cold turkey in January; but what fun is that? The key is to drink something delicious that has restorative powers. Winter tends to be packed with heavy stews and meat laden dishes that also scream for big, bold, brooding wines. Just because most people are doing that, it doesn't mean you have to. Instead drink some well-made Rosé. One of the many benefits of excellent Rosé is that it features some of the qualities that make both red and white wines appealing. Among many of the reasons I drink Rosé all year is that it gets me thinking about warm weather, which in turn makes me happy. Drinking Rosé in the middle of winter will also force you re-think your food choices and the tendency will be to pair them with lighter, brighter and yes healthier foods. So chill the Rosé, toss a salad, grill some chicken on your stovetop grill pan. Before you know it you'll be full of energy and feeling healthier. Here's a terrific example from Sonoma County's Dry Creek Valley.



Gustafson 2014 Estate Rosé of Syrah (\$20):

The gorgeous dark pink hue shimmers in the glass strikingly the moment you pour this wine. Red Bing cherry and watermelon aromas leap from the fresh, welcoming nose. Hints of crème fraiche, pomegranate and continued cherry characteristics dominate the lovely, balanced palate. White pepper, minerals, and bits of sour cherry are present on the lengthy and refreshing finish. By the time this bottle is empty you'll be dreaming so hard about spring it may just arrive early.

Gabe Sasso, **Gabe's View**

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