



### Ben's Brew News

**January Spotlight- Deschutes \$8.00/ 6-pack**

**February Spotlight- Full Sail \$7.50/ 6-pack**

**Session \$11.99/ 12-pack**

Let's start off this year with some good news. Deschutes is on sale for the whole month! For just 8 bucks a six pack you can take home a quality beer from our friends in

Bend, Oregon. Their **Mirror Pond Pale Ale** is a classic American Pale Ale with generous quantities of cascade hops, offering a lush floral aroma with a balanced malt body. The **Inversion IPA** defies the ordinary, with layers of soft caramel notes and generous amounts of their favorite northwest hops, for a bright, sunny citrus finish. If your not up for a full on hop assault the **Red Chair North West Pale Ale** is a smoother ride. Seven select European and domestic malts take a surprisingly plush, satin turn on the way to a citrusy hop kick. And if you are looking to go organic the **Green Lakes Organic Amber Ale** is brewed with five types of 100% organic malted barley and balanced with Liberty and Salmon-Safe Sterling hops. Easy to drink, Easy on Mother Earth, Down right delicious. On the other end of the spectrum is the **Obsidian Stout**. Smooth and black, like the volcanic rock, this is a satisfying beer with a rich roasted malt flavor. Or try the **Black Butte Porter** brewed with chocolate and crystal malts, crafting a rich, approachable porter. Whatever six pack you choose you will be starting the year off right!



A disturbing dilemma is upon us in the beer world. Some of our most popular breweries are having trouble keeping up with demand. Most notably Dogfish Head. With the release of a television program their consumer base has greatly expanded and the four to five styles I carry are nearly impossible to keep in stock. In fact I can't get any as of now. This problem is not limited to Dogfish Head and includes some of Colorado's own including Avery and Left Hand. And this is a problem for us as those shelf spots are valuable realstate! We are sorry for any inconvenience and will keep filling our shelves with what is available to us.

And in a continuing effort to save you some cash our February spotlight brewery is Full Sail Brewing Company. Out of Hood River Oregon this employee owned and operated brewery takes pride in their work and their play for that matter. Full Sail **Amber** was not only Oregon's first Amber Ale it was also the first craft beer in a bottle. A sweet, malty, medium bodied ale with a spicy floral hop finish. Full Sail **IPA** is a real thirst quencher. It has a full, malty body and there is even a hint of fresh citrus to it. The **Pale Ale** has a fresh, hoppy aroma that comes from two northwest hop varieties, while two-row Pale and Crystal Malt give it a mild sweetness that finishes clean and crisp. **LTD no.4** is a finely balanced single malt, single hop, beer that is pale-golden in color and brewed with just Pale Malt and Willamette hops. Session comes in 11oz 12 packs and pays homage to the pre-prohibition American lager. It is not a micro, a macro, nor an import. It's a little of each, and yet, none of the above. In other words it is a true original. And with **Session Black** you get a short dark beer that doesn't drink like a meal. Pettyjohn's Will be featuring Full Sail six packs for \$7.50 and 12 packs of Session for \$11.99 all month.



### Upcoming Tastings

**Tuesday, February 8th- Our Annual "We Have Zinned" Tasting** This one fills up fast, so hurry! We'll taste seven of the best Zinfandels we can find, while enjoying Carelli's yummy appetizers. At Carelli's restaurant, 6:30 to 8 PM, \$25 per person. Call 303-499-2337, a credit card is required to reserve your spot. Limited to 40 people.

**Tuesday, March 22nd- March Malbec Madness!** We'll taste seven of the best Malbecs out there, while enjoying Carelli's yummy appetizers. At Carelli's restaurant, 6:30 to 8 PM, \$25 per person. Call 303-499-2337, a credit card is required to reserve your spot. Limited to 40 people.

**Tuesday, April 12th- Pinot Noir Tasting!** Always a huge turnout, we will taste seven of the best-for-the-money Pinots from all over the world. At Carelli's restaurant, 6:30 to 8 PM, \$25 per person. Call 303-499-2337, a credit card is required to reserve your spot. Limited to 40 people.

*Can't make it on Tuesday nights? Join us in the store Friday nights from 5 to 7 PM for our free, in-store wine tastings.*

### Red wine can help mend a broken heart!

Scientists and doctors have agreed for many years that red wine promotes longevity, lowers heart-attack risk, lowers risk of stroke, risk of cataracts, risk of colon cancer, and risk of type 2 diabetes. Now, a study at the University of Connecticut published in November 2010, suggests red wine could hold a secret for treatment for heart-attack survivors.

A team of scientists now believe that a polyphenol compound found in red wine may help heal a broken heart. Resveratrol, a plant-based chemical that is known as an antioxidant is found in the skin of wine grapes.

The research was just recently published online in the Journal of Cellular and Molecular Medicine. Their conclusion was that healing heart damage with adult stem cells had a higher success rate when the cells were in contact with resveratrol. This was true during the healing process, and when used prior to heart surgery.

As we prepare our 2011 resolutions, most of us plan to take better care of our health. Wine in moderation, especially red wine, could improve your over-all wellbeing.

Check out our specials in the "Heart-Healthy Red Wine" display. There are new arrivals every week through February to help you find your next favorites. Share them with your special valentine.

## Here we go AGAIN! Alcohol in Convenience, Big Box and Grocery Stores.

There were 2 bills introduced into the state senate last year proposing that wine, spirits and beer could be sold in convenience stores and in grocery and chain stores. They were both rejected by our representatives.

In Spring, rumors flew that the grocery, big box and convenience stores were going to put it to a vote in the November 2010 election, but they didn't. The polls showed that a large majority of the people of Colorado did not want the liquor laws changed. Informed voters know the current system works. No ballot measures surfaced. So, they're going at us again with two bill proposals in 2011.

At first, one may think that buying alcohol at Target, King Soopers, Walmart, etc. would be convenient. But there is a huge price for that conceived notion. Today, every liquor store in Colorado is independently owned. The customer and the owner determine the **selection** of products in the store. Not so at convenience, supermarket and big box chains in other states. The product selection decisions are made at out-of-state corporations. They only carry the top sellers in all 50 states - buying decisions aren't made by the locals. Craft beers, small batch spirits and boutique wines don't stand a chance against the mass produced products.

Maybe you think your **prices** would be better. At first... maybe. But after all of the Mom and Pop liquor stores have disappeared the prices will go up. These corporations are not in the business of

losing money, prices of eggs, milk, or wine will increase. Summit Economics, Inc., a local Colorado Springs economic research group recently reported that a 12 pack of Blue Moon is approximately \$2.00 higher in grocery stores in other states than it is right here.

How about **product knowledge**? Because it's our life, we are constantly educating ourselves in our areas of expertise and acquiring many levels of certification. At grocery, convenience, and big box stores the first time you usually speak to anyone is at checkout, or to ask what aisle something is located in.

Most importantly, how about **safety**? It is our business to make sure our customers are of legal age to purchase alcohol. We are regularly trained, all of our staff is over 21 years old, and we are screened constantly by regulators. If a liquor store is caught selling to a minor, it is shut down for a period of time and fined. That is devastating to a business, so safe service is every liquor store's first priority. The convenience, supermarket and big box chains just lock up that department and continue business as usual. They also hire a significant number of underage residents. The legislation would authorize teens to sell alcohol because convenience, supermarket and big box chains don't want to modify their employment practices. We feel alcohol should never be in the hands of teens.

The Pettyjohn's family appreciates your continued business. Please let your representative know how you and your family feel about this pending legislation.

## Winery Focus- Organic Wine

Almost weekly I meet a customer who is baffled by the bad reactions they get from wine. Most tell me that when they were younger they could enjoy many kinds of wine; but not now. It's possible that sensitivities become more apparent with age. Whatever the reason, I usually suggest trying wine that is organically grown with very little human intervention.

Our Winery Focus for January and February is just that. Give them a try. Most wineries are responsible with the herbicides, fungicides, and pesticides, but many people are more sensitive than others. Organic and biodynamic farmers also protect our groundwater and reverse soil erosion. Most of all, you'll be surprised at how flavorful these ripe wines are. The terminology is confusing so:

### Organics 101

**Sustainable Farming**– This refers to a range of agricultural practices that are ecologically sound, and socially responsible. They recycle, conserve energy and water, use renewable resources, minimize the use of chemicals- and use the least toxic option.

**Organically Grown**– Like sustainable farmers, organic farmers conserve water, soil, and use renewable resources. Organic standards prohibit the use of synthetic pesticides, herbicides, and fungicides. Chemical or sludge-based fertilizers are also banned. Genetically engineered crops are prohibited. (They don't necessarily recycle or use biodegradable packaging)

**To be certified organic**– the vineyard must go 3 years without synthetic chemicals, and be inspected every year. No sulfites can be added as a preservative, and the wine must contain less than 10 parts per million of sulfites.

**To be "made with organic grapes" or "organically grown grapes"**– sulfites may be added, but the finished wine, may not exceed 100 parts per million.

**Biodynamic**– This holistic approach was founded in the 1920s by Austrian scientist Rudolf Steiner. It's about treating the whole farm as a living organism. It combines organic farming with the tenets of homeopathy; follows the natural rhythms of the earth, and seeks a spiritual connection with the land. All organic waste is recycled into the nutrient stream, predator and prey animals are encouraged to maintain the ecosystem balance, and preparations for the vineyard are made from herbs, minerals and manures.

**To be certified biodynamic**– The entire farm must be certified at once, not by vineyard, 3 years of no prohibited chemicals, and under biodynamic management for 2 years. Sulfites may be added up to 100 parts per million. The wine may not be manipulated in any way: all natural yeasts, no added sugar, acids or tannins allowed. Only bentonite clay or egg whites from free range chickens are permitted for fining. Environmentally friendly label material is encouraged.

## Winter Drink Recipe

### Spiced Apple Cider with Rum Whipped Cream

Perfect for après-ski or for a cold Valentines evening

#### Cream

1 cup chilled heavy whipping cream      2 tbsp packed brown sugar  
2 tsp dark rum      freshly grated nutmeg

#### Cider

12 cups (3 qts) apple cider      40 whole cloves  
10 cinnamon sticks      8- 2 inch long strips of orange peel  
4- 2 inch long strips lemon peel      2 tsp. allspice  
½ cup Tuaca      ¼ cup dark rum

**Cream**- Stir all ingredients in medium bowl. Chill until ready to use, up to 1 day.

**Cider**- Bring all ingredients except the alcohol to a boil in a large heavy pot. Reduce heat to medium and simmer until mixture is reduced to 6 cups, 35 to 40 minutes. Strain into a medium saucepan. Cool, cover, and chill. (Can be made 1 day ahead)

Return cider to simmer. Remove from heat, mix in Tuaca and rum. Divide cider among 8 mugs. Beat cream until peaks form. Spoon whipped cream atop cider and serve. Makes 8 servings.



## A Healthy Meal in a Hurry!

### Roasted Cod and Mushroom Ragout

Cooking with wine is ideal when trying to watch fat and calories.

1 large sweet potato, peeled and cut into ½ inch chunks  
2 tsp extra virgin olive oil      ½ cup Sauvignon Blanc  
2 pkgs (10 oz. each) sliced mushrooms      2 large shallots, thinly sliced  
4- 6 oz. skinless cod fillets      ¼ cup finely chopped parsley leaves



Preheat oven to 450. Mix potatoes, 1 tbsp. of oil, half of the shallots, and 1/8 tsp. of salt and pepper. In a single layer of a roasting pan, roast for 15 minutes. Meanwhile, heat the remaining tbsp of oil in a skillet on medium/high heat. Add remaining shallots and cook 2 to 3 minutes or until tender and golden brown, stirring occasionally. Add mushrooms and 2 tbsp. of water; cook 8 minutes, stirring occasionally until liquid evaporates.

Arrange cod on other side of roasting pan. Sprinkle with 1/8 tsp. salt and pepper. Roast alongside potato 8 to 10 minutes or until fish is opaque throughout.

Stir parsley, wine, and ¼ tsp. salt and pepper into mushroom mixture. Cook 1 minute or until wine is reduced by half.

Divide potato and cod among serving plates. Spoon mushroom ragout over cod.

Makes 4 main-dish servings. About 295 calories, 33 g. protein, 22 g carbohydrate, 9 g total fat (1 g saturated), 4 g fiber, 65mg cholesterol, and 420 mg. sodium

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