



Organic Wine – Just the Basics!

“Organic Wine” (Many domestic organic wines fit this category)

- Made with USDA approved, certified organic grapes.
- No added sulfites – essentially the same as “Sulfite Free”.
- Wineries must be “Certified Organic” by the USDA, and soil free of chemical additives for 3 years.
- Because of the sulfite limitation, wines are less consistent, more fragile than “Wines Made with Organic Grapes”, especially white wines.

“Made with Organic Grapes” (Most imports, many domestic fit this category)

- Also made with USDA approved, certified organic grapes.
- Same as Organic wines, EXCEPT they contain added sulfites-limited to under 100ppm (US Max is 350ppm)
- Longer shelf life and more consistency.
- Don't overlook this category! It gives us many more options for healthy, well-made wines!

“Biodynamic”

- A method of organic farming that views the entire vineyard as a “living organism”.
- Uses homeopathic preparations and crop rotation.
- Also takes into account positions of planets and stars.
- NOT regulated by USDA – most wines contain sulfites.

“Sustainable”

- In New Zealand, sustainable winegrowing is defined as the production of wine and grapes giving priority to methods that are the safest possible to the environment and human health.

“Vegan”

- Basically means that no animal derived products are used in the fining or clarifications of the wines.

“Sulfites”

- All grapes contain minimal amounts of “naturally occurring” sulfites as part of grape chemistry. Sulfur, from natural and synthetic sources, was added to ALL wine for many years as an antioxidant and antibacterial. Most considered it to be completely natural and even “organic”. More is usually added to white wines, which are more fragile. Most people that have adverse reactions from drinking wine are reacting to other chemicals in wine, some natural, some not.