

# DRINKING AMERICA

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## HER SHOT: ROOIBOS WINE

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We're the first to admit, we love a good glass of wine. With all the studies in the recent years about the potential health benefits of vino, we're even happier to have a glass or three. Even with all the benefits, most wines are made with synthetic preservatives and additives that can irritate allergies, which is no fun. The Audacia winery in South Africa aims to fix that. They found that the antioxidants in the South African Rooibos plant help preserve wine naturally without added sulfites or preservatives. You may have heard of Rooibos (pronounced "roy-boss") as a tea served at your local coffee shop or Starbucks, now you can have rooibos in your wine.

In addition to antioxidants, Rooibos is caffeine free, and has a high mineral content. The low tannin levels make Rooibos ideal for wines, beer, and cider as a flavoring and preservative and Audacia wine now uses Rooibos and Honeybush wood chips in their wine making

process instead of oak. The two woods—which are native to South Africa—give red wine flavors "including tobacco-like smokiness, hints of vanilla, cherry and black pepper." Audacia currently offers a Rooibos wooded Merlot with no preservatives or sulfites added. We'll drink to that!



Photo