Fun Wine Facts

There is so much that can be learned about wine that it's best to consider it a pleasant journey and enjoy the information you find along the way. We've put together a list of some simple and useful facts to help you explore and enjoy the amazing and wonderful world of wine.

- As white wines get older, they get darker in color. As red wines get older, they get lighter in color.
- Wine is best enjoyed when served at the proper temperature: 40-45 degrees for sparkling, 40-50 degrees for whites, 50-55 degrees for lighter reds, and 60-65 degrees for full-bodied reds.
- When pouring a glass of wine, end the pour with a twist of the wrist as you pull back the bottle. This will help prevent spillage.
- If you forgot to put that bottle of white wine in the refrigerator an hour before dinner, it's perfectly okay to stick it in the freezer for 10 minutes; no harm will be done to the wine.
- Wine contains alcohol, alcohol dehydrates the body, and dehydration causes headaches. When drinking wine, consume one glass of water (or more) for each glass of wine.
- Counting calories? According to the U.S. Dietary Guidelines, there are 100 calories in a 5-ounce glass of wine. Wine is also fat-free and cholesterol-free.
- Don't like wines that make you pucker? Avoid wines with strong tannins often found in red wine that will cause your mouth to pucker and dry out.
- Prefer a sweeter wine? Look for dessert wines like Moscato, a late-harvest Riesling or an icewine (made from grapes which have frozen on the vine, concentrating their sugars).
- Wine should be stored in a location with a consistent temperature. Heat, widely fluctuating temperatures and direct sunlight are wine's top three enemies. Treat wine like you would chocolate. If it's too hot to keep a bar of chocolate in the trunk of a car, in a wine rack in the kitchen, or in a closet, it's too hot for wine.
- Always store wine bottles on their sides so that the wine inside is in contact with the cork. This prevents the cork from drying out, cracking and allowing air into the bottle.
- Contrary to popular belief, not all wines improve with age. In fact, more than 90% of all wines should be consumed within one year. The three major collectibles that age well for more than 10 years are: a great Châteaux of Bordeaux, the best producers of California Cabernet Sauvignon, and the finest producers of vintage port.
- How to open a bottle of sparkling wine. Should it spray? Definitely not. The key to sparkling wine is the bubbles, so it's important to preserve them!
    - Locate that little tab poking out of the side of the foil, near the top of the bottle. Pull this to get the foil started.
    - After removing the foil, it's time to take the wire cage off. While doing this keep your hand covering the cork, because it can fly out at any point once the foil's been removed.
    - Once the cage is removed, drape a dish towel over the cork and get a good, firm grip on it, then turn the bottle clockwise until you start to hear a hiss. The cork should remain in your hand and never fly across the room; your goal is to avoid that loud, obnoxious pop at all costs. Keep it classy.