

# An Approach To Relaxation

[An Approach To Relaxation](#) is a joint project between Master Sommelier Richard Betts and Carla Rza Betts (formerly of The Spotted Pig, The Breslin and The John Dory Oyster Bar in NYC.)

[Sucette](#) (2016) is 100% Grenache from 2 dry-grown, own-rooted, sandy vineyards: our own Rza Block (estimated to have been planted between 1860-1880) and an 80-85-year old vineyard a kilometer away. Both vineyards are located in the heart of the Vine Vale, the coolest region of the Barossa Valley, situated at the foot of the Eden Valley in South Australia.



After the past two years of lower yields, 2016 was back to normal. A warm, dry Spring provided healthy fruit set. Summer was generally mild with intermittent rainfall, never a problem for the old vine material we use. Even ripening throughout, and ending with harvest over 3 days from April 2 to April 14.

The 2016 was the first vintage we used fruit from the Rza Block, with the remaining fruit being sourced from a single vineyard approximately 80-85 years old. Thanks to healthy fruit set, even ripening and the addition of older fruit from the Rza Block, we bumped the whole cluster to 35% this year. After a 7 day ferment, we basket pressed over a slow 12 hour press cycle, and the wine spent a year in old French oak before being bottled unfinned and unfiltered.

The Rza Block fruit gives a very clear backbone of darker fruit here; all red fruits (rather than black), but Winter red fruits like cranberry and pomegranate in addition to the Summer strawberries and cherries. The structure of the very old vines is also on display, holding together a fantastic nugget of ripe fruit on the palate. White pepper, mint, sweet meats and earth.

Press for 2016 *Sucette*:

*Wine & Spirits* 92 points

*Wine Advocate* 93