

# An Approach To Relaxation

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

[Nichon](#) (2016) is a blend of 90% Semillon (60-65 year old vines) and 10% Sauvignon Blanc (25 years old). The dry-grown, own-rooted Semillon as well as the Sauvignon Blanc come from sandy vineyards in the cool, Eastern area of the Barossa Valley known as the Vine Vale 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. Mild, even ripening throughout, allowed us to harvest the Semillon a few weeks later than 2015, on February 27.

We basket pressed over a slow 12 hour cycle in order to allow the juice to take in some aromatic and structural integrity from the skins, then barrel fermented for 12 days in second- and third-use French oak. The wine stays in oak for a year before being bottled unfinned and unfiltered.

In 2016 we changed the *cepage* to 90% Semillon/ 10% Sauvignon Blanc in order to highlight the savory and textural aspects of the Semillon. Soft lemony fruit and pretty, lacy aromatics have deepened as the wine has aged showing more preserved lemon, ginger, honeysuckle.

Press reviews for 2016 Nichon:  
*Wine & Spirits* 92 points