

# 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](#) (2017) 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.



2017 was cold and wet, resulting in a later than typical harvest which stretched into May. Cooler than average Spring lead into an early Summer with slow, healthy growth and higher yields than the previous few years. Temperatures dropped a bit heading in to fall, with a later than usual pick date from April 29 to May 10.

Coming from 2 sites, our own vineyard, the Rza Block (estimated to be planted between 1860-1880), and a single vineyard approximately 80-85 years old, both of which are dry grown and own-rooted in the deep sand of the Vine Vale. Given the cooler nature of the 2017 vintage, we elected to include 20% of the bunches as whole-cluster, compared to the 35% used in warmer 2016. After an 8 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 2017 is perfectly balanced between the cranberry and raspberry aromas of sand-grown Grenache and the spicy, resinous potpourri aromas of the stems. A lithe, potent wine with orange zest, dark earthy notes, violets, deeper, darker red fruits, with a great balance of the elegance of the '15 and the muscle of the '16.