

An Approach To Relaxation

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

Their 2018 [Nichon](#) is a blend of 90% Semillon (65-year-old vines) and 10% Sauvignon Blanc (25-years-old). The dry-grown, own-rooted Semillon comes from an organically farmed vineyard located in the sandy soils of the Vine Vale region of the Barossa Valley.



After a promising start with consistent Winter rainfall, the rains fell to almost half the average in the Barossa throughout Spring, giving us a rather dry, warm flowering season. The weather remained unseasonably warm in Fall throughout March and April, ensuring a stress-free end to vintage. We harvested the Semillon on February 14.

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 in second- and third-use French oak. The wine remained in oak for a year before being bottled unfinned and unfiltered.

The resulting wine is incredibly layered with delicate lime-flower aromas, lemon curd, honeyed Semillon notes, a mineral spine and a bit of pink grapefruit pithiness from the Sauvignon Blanc.