



APRÈS VIN

100% All-Natural Grape-Seed Products

## Pure Varietal Grape-Seed Oils and Flours

Grandfather Leber was among ten Washingtonians who, over half a century ago, began a bold experiment to determine if premium 100% varietal wines could be made in the Pacific Northwest. They co-founded Associated Vintners (AV), and, over time, their vision became reality—with more than 500 wineries producing world-class varietal wines in Washington State today. Now, fifty years later, we have established a new AV, Après Vin (French for “after the wine”), to make 100% varietal grape-seed oils and flours from the same types of grapes that were planted in the late 1950s.

To produce these gourmet oils and flours, wine pomace is carefully collected from select wineries in Eastern Washington and then the seeds are separated, dried, and cold pressed with European expeller presses to yield handcrafted, grape-seed oils with unique and distinct flavors and colors subtly distinguished by vintage and appellation. It takes 3,000 lbs of grapes (enough for 300 gallons of wine) to yield the 75 lbs of dried seeds needed to make a single gallon of grape-seed oil.

Grape-seed oils are delicious, healthful, and excellent for dipping, salad dressings, sautéing (very high 485° F smoke point), and sauces. They have considerable breadth of character that ranges from light, herbaceous, citrus notes to full-bodied, rich, and robust. Additionally, they have a particularly high level of heart-healthy polyunsaturated fats, half the saturated fat of olive oil, and other beneficial components.

Grape-seed flours are milled from the press cake after the oil is expelled to yield a wonderful ingredient that brings outstanding color, flavor, and texture (and a several-thousand fold boost in antioxidants) to breads, pizzas, croutons, muffins, brownies, cakes, cookies, pastas, sauces, breading, and much more.

Our all-natural, 100% varietal grape-seed oils and flours taste great, are good for you, and promote sustainable winemaking. We hope you enjoy them as much as our family does...Santé!

Eric Leber, Ph.D.  
Co-Founder

Lori Ramonas, Ph.D.  
Co-Founder



## Unique Characteristics...

With considerable breadth of character from the light, grassy, citrus notes of the Riesling oil, to the buttery, nutty, and mellow Chardonnay, to the pineapple and pear flavors of the Cabernet Sauvignon, to the rich and robust pepper and Scotch overtones of the Merlot, these all-natural, varietal, grape-seed oils are totally unique in their flavor and aroma profiles. Whether used for dipping oils, salad dressings, sauces, marinades, or for high-temperature sautéing, they impart unparalleled quality and distinction to any food preparation.

The delicious and nutritious grape-seed flours bring richer colors and textures, as well as a special artisan quality, to foods containing them (typically at the level of 5% to 10% by weight).

## Health Benefits...

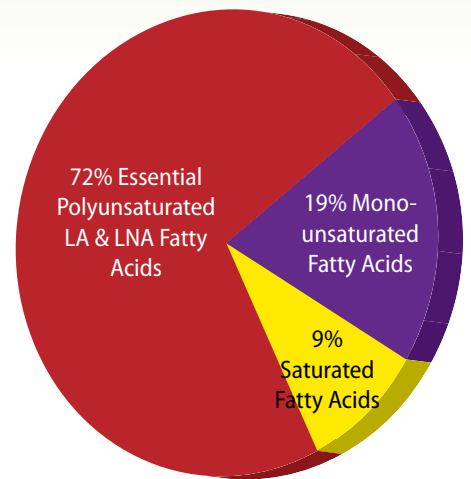
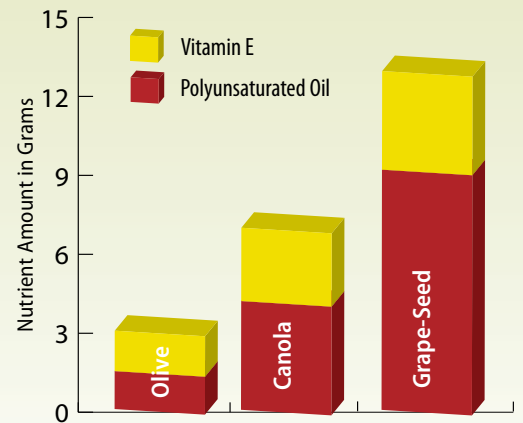
**Varietal grape-seed oils** are a particularly rich source of healthful polyunsaturated oils, antioxidants, and other phytochemicals (as illustrated in the adjacent charts). Among the essential fatty acids needed by our bodies are linolenic (LNA) and linoleic (LA) acids—omega 3 and 6. These oils provide important nutrients for cellular function and vitality while also reducing harmful LDL cholesterol and boosting HDL, the “good” cholesterol. Additionally, research has shown that these oils may be effective in combating cell-damaging free radicals, which have been found to influence aging and a variety of ailments.

These beneficial and healthful properties make grape-seed oil attractive to those who are not only discerning in their tastes but also health conscious, placing priority on minimizing their consumption of saturated fats while increasing the nutritional value of their diets.

**Varietal grape-seed flours** (Riesling, Chardonnay, Cabernet Sauvignon, and Merlot) have about 5- to 10-times the antioxidant content and activity of flours from other fruit seeds (refer to chart). Breads, pastries, pastas, and other food items made with these gluten-free, grape-seed flours (added at 5% to 10% by weight, or 1 to 2 tablespoons of grape-seed flour per cup of dry ingredients) typically contain 3,000- to 5,000-times the antioxidants of bread and other baked goods prepared with standard ingredients.

A growing body of evidence suggests that consuming these oil and flour derivatives from grape seeds can improve overall health and longevity.

Nutritional Properties of Oils



Antioxidant Content and Activity of Select Fruit-Seed Flours

