

FRANK FAMILY VINEYARDS

WINE & WELLNESS *Issue*

SPRING 2025



Finding Balance

At Frank Family Vineyards, we are always striving to achieve the perfect balance, whether that be in our winemaking practices or in our connection to our mental and physical health. In an increasingly fast-paced world, remembering to slow down, savor the moment, and prioritize one's wellbeing is especially important.

In this "Wine & Wellness" issue, we'll guide you through the many ways wine can be incorporated into a balanced lifestyle, from choosing delicious nutrient-dense recipes to complement your wine (*page 16*) to discovering our many sustainability practices and charitable partnerships that align to your health-conscious goals (*page 14 and 26*).

Get inspired as we highlight many of our Frank Family team members who share how sports and fitness add joy and confidence to their lives in the wine industry (*page 24*).

Then, get ready to lace up your hiking boots for your next Napa Valley visit, as we share our top trail recommendations that allow you to intersperse wine tasting with outdoor fun (*page 30*).

You see, wine can play a beautiful role in our lives, not just as a beverage, but as a vessel to enrich our moments, meals, and connections. So let's raise a glass to wine and wellness, which can truly go hand-in-hand!

Cheers!



Rich and Leslie Frank
Founders

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Comments & Questions

We would love to hear your thoughts. Email us at info@frankfamilyvineyards.com, text us at 707-719-9012, or call us at 707-942-0859.



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Reserve Chardonnays



2023 SANGIACOMO CHARDONNAY

Tasting Notes

The leanest of Frank Family's Chardonnays, this is a stunning wine, showcasing crushed stone and citrus on the nose. Lemon peel, whipped meringue, and sea salt contrast against persistent acidity finishing with a soft silkiness and lasting brine.

Blend Composition

100% Chardonnay

Winemaker Notes

This wine comes from highly acclaimed sites influenced by the cooling effect of the Pacific Ocean and a combination of summer fog, warm days, and a long growing season. It produces fruit with a distinct character and an intensity of flavor that inspires us to preserve its integrity and keep it separate from vine to bottle.

Vineyard Sourcing

This wine is sourced exclusively from Sangiacomo Family's Kiser Vineyard located in the Sonoma Coast appellation. First planted in 1974, Kiser is a certified sustainable vineyard set on a rolling slope in southwestern Sonoma, known to consistently produce some of the highest quality grapes.

Aging

Barrel fermented in 25% new and 75% once and twice-filled French oak barrels for 10 months.

2023 LEWIS VINEYARD CHARDONNAY

94 points, [JamesSuckling.com](#)

Tasting Notes

Coming entirely from our estate vineyard in Carneros, this wine is both light and rich. Creaminess in the texture and deftly layers of flavors give it extraordinary complexity. Hints of toast, lees, and custard are lifted with overtones of citrus and white peaches, finding plenty of freshness on the lingering finish.

Blend Composition

100% Chardonnay

Winemaker Notes

Everything starts with great grapes in the vineyard. Chardonnay from Lewis Vineyard displays pronounced aromatics and unmatched freshness, as well as remarkable varietal character and

2023 BECKSTOFFER CHARDONNAY

94 points, [JamesSuckling.com](#)

Tasting Notes

This well-balanced, harmonious wine offers a mélange of sea spray, lime cordial, and apple pie aromas followed by hints of peach, vanilla bean, and marzipan. Acidity dances on the palate, framing the electric citrus and mineral notes, with a long, savory finish.

Blend Composition

100% Chardonnay

Winemaker Notes

The Beckstoffer Family has continuously grown some of California's most famed and sought-after Cabernet Sauvignon and Chardonnay fruit for the past 50 years. Frank Family has been proud to work with Andy Beckstoffer and his family for over a decade. We are constantly impressed by the quality of fruit they produce annually.

Vineyard Sourcing

Directly across the dirt road from Frank Family's estate Lewis Vineyard sits Beckstoffer's iconic Carneros Lake Vineyard. Here, fog tumbles over the softly sloping site in the morning and burns off by mid-afternoon, creating the perfect condition to ripen each berry while retaining its natural acidity.

Aging

Barrel fermented in 40% new, 60% once-filled French oak barrels for 11 months.

Winemaker Notes (cont.)

harmony. Our winemaking team makes minimal adjustments in the winery, allowing the natural flavors from the land to show through.

Vineyard Sourcing

Named after Rich and Leslie Frank's eldest grandson, Lewis Vineyard is strategically located in the cool heart of Carneros. The vineyard's two highest knolls are farmed exclusively for this wine, which receives morning fog, afternoon breezes, and cool temperatures at night, which results in a beautiful wine that displays bracing acidity, richness, depth, and great ageability.

Aging

11 months in 100% new French oak barrels.

Reserve Pinot Noirs

2023 LEWIS VINEYARD PINOT NOIR

Tasting Notes

This wine is lively and deep, drifting effortlessly out of the glass with provocative aromas of black raspberries, kirsch, and dried lilacs. The flavors on the palate echo the nose, charged with dark fruit and savory spices that are supported by velvety tannins into a long, fragrant finish.

Blend Composition

100% Pinot Noir

Winemaker Notes

Carneros is the coolest region in the Napa Valley. The temperate weather in combination with the location of our Lewis Vineyard, which sits on a slope facing the San Pablo Bay, truly makes this vineyard an ideal site for growing Pinot Noir. The grapes are kept separate from other lots throughout the winemaking process, resulting in a single vineyard wine bursting with energy, grace, and length.

Vineyard Sourcing

Lewis Vineyard has been a part of our portfolio since 2000 and has become the cornerstone of Frank Family's Chardonnay, Pinot Noir, and sparkling wine programs.

Aging

11 months in 40% new French oak barrels, 60% once-filled French oak barrels.

2023 BECKSTOFFER PINOT NOIR

Tasting Notes

This wine is opulent and boldly flavorful with aromas of black cherry, wildflowers, and dried herbs on the nose. The palate is structured yet balanced with lively acidity and fresh flavors of red currant jam, clove, and cedar.

Blend Composition

100% Pinot Noir

Winemaker Notes

The key to making great wine is great vineyards managed with respect, care, and intent on maintaining excellence. This wine has an amazing pedigree; it is the first Pinot Noir ever made exclusively from Beckstoffer's famous Carneros Lake Vineyard.

Vineyard Sourcing

Adjacent to Frank Family's Lewis Vineyard along the San Pablo Bay in Napa's Carneros region, Carneros Lake Vineyard is a site under the care of Napa's legendary grape grower, Andy Beckstoffer. Carneros Lake is one of the most sought-after of Beckstoffer's Chardonnay and Pinot Noir vineyards due to its distinctive character and intensity of the grapes.

Aging

11 months in 33% new and 67% once and twice-filled French oak barrels.



Reserve Reds

2022 THE RILEY RED BLEND

Tasting Notes

This is a beautifully balanced, smooth-sipping red blend. Aromatically, this wine offers iris and black currant, accented by wisps of star anise and dried sage. Silky tannins and brilliant acidity cradle a palate full of candied rose petal, espresso, and Bing cherry.

Blend Composition

66% Merlot, 30% Cabernet Sauvignon, 4% Petit Verdot

Winemaker Notes

The Riley is a Merlot-driven red blend named for Rich and Leslie Frank's late German shepherd rescue. It's kept to limited production and the blend composition changes from year to year depending on what Mother

Winemaker Notes (cont.)

Nature gives us. Regardless of vintage, Merlot will always be the dominant variety in this proprietary, red Bordeaux-style blend.

Vineyard Sourcing

Sourced from our estate Benjamin Vineyard in Rutherford as well as from grower-partners throughout Napa Valley, this wine showcases some of the finest Merlot, Cabernet Sauvignon, Cabernet Franc, and Petit Verdot vineyards throughout the region.

Aging

20 months in 50% new French oak barrels and 50% once-used barrels.

2022 WINSTON HILL SANGIOVESE

Tasting Notes

Ripe wild berries, spiced cranberries, white pepper, and truffles, create a myriad of aromas that emerge from this unique expression of our original estate vineyard. This wine is elegantly structured with refined tannins and lovely natural acidity that keep it focused and balanced.

Blend Composition

88% Sangiovese, 12% Cabernet Franc

Winemaker Notes

Sangiovese is hard to come by in Napa Valley and Frank Family Vineyards is honored to grow several acres of this classic Italian grape variety on Winston Hill. Our Sangiovese is perched on the highest point of the vineyard and receives plenty of sun during the day. At night, this special block is caressed by cool hillside breezes that allow our fruit to develop flavor complexity while retaining its natural acidity levels.

Vineyard Sourcing

Winston Hill Vineyard is the Frank Family's original estate vineyard set in the prestigious Rutherford viticultural appellation. Rising nearly 500 feet above the valley floor, the 107-acre lot is planted to 25 acres of vines that receive some of the longest hours of sunshine in the valley. The hand-terraced vine rows consist of well-drained volcanic and sandstone soils that contribute to the intensity and concentration of the fruit they produce.

Aging

16 months in 35% new French oak barrels and 65% once-and twice-filled French oak barrels.

2021 PATRIARCH

95 points, *Wine Spectator* and *JamesSuckling.com*

Tasting Notes

Named in tribute to Rich's father, Hy Frank, this wine is substantially structured and built to age, with intense black currant, plum preserves, and coffee on the nose. The deeply concentrated full-bodied palate offers dusty graphite and a mix of tobacco, crème de cassis, and shaved black truffle with notions of toasted oak, finishing long and layered.

Blend Composition

100% Cabernet Sauvignon

Founder Notes

Named in celebration of my father, Hy Frank, the Patriarch will always be our most meaningful wine. Hy was an honorable man, a World War II veteran, and a true American patriot. This wine is crafted in remembrance of Hy and everything he stood for – family, commitment to country, and the American dream.

Vineyard Sourcing

Hand-selected from the Heart Block on Frank Family's Winston Hill Vineyard, the best of our best. The vineyard's rocky and volcanic soils are self-balancing which in turn produces Cabernet Sauvignon with natural concentration, structure, and texture. The Heart Block's central location and high elevation along the Eastern side of Napa Valley creates a wine with bones, muscle and body, no blending from other sites is necessary.

Aging

20 months in 75% new French oak barrels and 25% once-filled French oak barrels.

Sparkling Wines

2015 LADY EDYTHE RESERVE BRUT

Tasting Notes

Named in honor of Rich Frank's mother, Edythe, the Lady Edythe is a late disgorged sparkling wine with 9 years on its lees. This wine expertly shows a stunning balance and poise between richness and its Classic Champenoise acidity. It has a pure citrus and honeysuckle aroma followed by a wonderful toastiness and a finely structured, delicate mousse.

Blend Composition

66% Chardonnay, 34% Pinot Noir

Winemaker Notes

This 10-year-old sparkling wine is Frank Family's version of a tête de cuvée, essentially the best of our best. The predominate Chardonnay in this blend provides the wine's framework and structure, while the Pinot Noir added in gives the Lady Edythe muscle, body, and flesh. It's a delicate process to get right.

Aging

Rested on spent yeast cells for 9 years before disgorgement in February 2024.

2020 ROUGE

Tasting Notes

Deep crimson in the glass with a bouquet of raspberries, wild roses, and forest herbs, the 2020 Rouge is entrancing. The palate boasts harmoniums layers of fresh fruitiness and tartness, accentuated by a creamy vanilla mousse and mouthwatering acidity. Balanced to perfection, it concludes with lingering bursts of pomegranate and wild berries.

Blend Composition

67% Pinot Noir, 33% Chardonnay

Winemaker Notes

All our sparkling wines require a patient approach, and our Rouge is no exception. Like all Frank Family sparkling wines, the Rouge is created using the méthode champenoise whereby the secondary fermentation occurs in the bottle.

Aging

Rested on spent yeast cells for 3 years before disgorgement in February 2024.

2019 BLANC DE BLANCS

Tasting Notes

Crisp and elegant, our signature sparkler leads with aromas of stone fruit, lime, and just-baked bread that opens on the midpalate to more richness and depth. Sophisticated bubbles converge with hints of ground ginger and lemon rind for a long, clean finish.

Blend Composition

100% Chardonnay

Winemaker Notes

The acidity that develops in Carneros fruit is comparable to Champagne, France. All Frank Family sparkling wines undergo partial malolactic fermentation to soften the high natural acidity and achieve a beautiful richness. Our Blanc de Blancs showcases the perfect balance between bright acid and smooth creaminess.

Aging

Rested on spent yeast cells for nearly four years before disgorgement in February 2024.

2019 BRUT ROSÉ

Tasting Notes

Beautifully sunset-hued, this Pinot Noir-based sparkler exudes elegance and richness. Hints of framboise and rose petals are married with brioche on the nose, meeting a lovely depth of fruit on the lush palate, while fresh strawberries and cream laced with delicate pearl bubbles flow seamlessly through to the finish.

Blend Composition

90% Pinot Noir, 10% Chardonnay

Winemaker Notes

Producing a rosé sparkling wine requires finesse and skill to achieve the perfect hue and balance between richness and acidity. In making the 2019 Brut Rosé a still Pinot Noir was added to the base wine right before secondary fermentation which lend to its full body and lush style.

Aging

Rested on spent yeast cells for nearly four years before disgorgement in February 2024.



Napa Valley Wines

2023 CARNEROS CHARDONNAY 94 points, [JamesSuckling.com](#)

Tasting Notes

Hailing from the coveted Carneros region, this wine leads with zesty lemon and guava aromas that are tempered by notes of vanilla and caramel covered apples. Delicious layers of nutmeg and crème brûlée seamlessly combine with hints of toasted oak and elegant waves of fresh acidity on the palate, leading to a bright finish.

Blend Composition

100% Chardonnay

Winemaker Notes

As with all our white wines, we are looking for texture and complexity. To achieve this, we practice a long, cold fermentation and then put the wine through partial

Winemaker Notes (cont.)

malolactic fermentation to soften the overall high acidity. While aging, we employ bâtonnage (hand-stirring the lees) regularly to promote depth and longevity in the wine.

Vineyard Sourcing

The foundation for the Carneros Chardonnay is the winery's own Lewis Vineyard, with additions from neighboring Beckstoffer Vineyards in Napa-Carneros and Sangiacomo Vineyards located in Sonoma-Carneros.

Aging

Barrel fermented in 34% new, 33% once-and 33% twice-filled French oak barrels for 9 months.

2023 CARNEROS PINOT NOIR 92 points, [JamesSuckling.com](#)

Tasting Notes

Deeply garnet-colored in the glass, this wine brings savory energy to beautiful fruit-driven aromas. Black cherry and crushed raspberry layers mingle with rosemary and wildflowers on the nose. The palate is finely structured with soft tannins balanced with lively acidity and fresh flavors of pomegranate, strawberry jam, black tea, and cedar.

Blend Composition

100% Pinot Noir

Winemaker Notes

This is a Carneros Pinot Noir through and through. California enjoys an abundance of sunshine, and we farm with that in mind.

2022 NAPA VALLEY ZINFANDEL

Tasting Notes

This lively expression of Zinfandel offers aromas of dark plum, raspberry coulis, and sandalwood on the nose. On the palate, flavors of baked strawberry, dried herbs, and ground pepper commingle, while ripe, firm tannins and fine acidity frame and lift the wine into a long, unending finish.

Blend Composition

90% Zinfandel, 10% Petite Sirah

Winemaker Notes

Zinfandel is foundational to California's viticultural heritage. This bright and bountiful grape has thrived in the Golden State since the 1880s. While it has waned in popularity as Napa Valley continues to evolve and become more Cabernet-centric, Frank Family is honored to champion this beautiful grape and its iconic legacy.

Vineyard Sourcing

This Napa Valley designate wine is cultivated from Frank Family's S&J Vineyard in Napa's Capell Valley, from our long-term grower partner, Sunseri Family Vineyards in Chiles Valley, and small vineyard blocks in St. Helena and Calistoga.

Aging

17 months in 30% new French oak barrels, and 70% once- and twice-filled French oak barrels.

Winemaker Notes (cont.)

While respecting the heritage and craft of Burgundian winemaking, our Pinot Noir is made to showcase the character of this beautiful fruit and its terroir at their very best.

Vineyard Sourcing

Frank Family's estate Lewis Vineyard provides the basis for this wine, with fruit from neighboring Beckstoffer Vineyards in Napa-Carneros and Sangiacomo Vineyards located in Sonoma Carneros to round out the blend.

Aging

9 months in 33% new French oak barrels, 67% once- and twice-filled French oak barrels.

2022 NAPA VALLEY CABERNET SAUVIGNON 92 points, [JamesSuckling.com](#)

Tasting Notes

This is a powerful, classically structured wine made in a full-bodied style that possess underlying grace. Our signature Cabernet commences with inviting cassis, tobacco, and cocoa aromas. In the mouth, gorgeous depth and complexity shine with hints of coffee bean, nutmeg, and toasted oak. The tannins are finely ground and sweet, providing an elegant and expressive finish.

Blend Composition

87% Cabernet Sauvignon, 6% Merlot, 5% Petite Verdot, 2% Cabernet Franc

Winemaker Notes

We highlight the beauty and complexity of our valley in this appellation-designated wine, a seamless blend of Cabernet Sauvignon with a splash of Merlot to add a touch of softness and suppleness, Petite Verdot to add color and structure, and Cabernet Franc to provide polish and finesse.

Vineyard Sourcing

Sourced primarily from our estate S&J Vineyard in Napa's Capell Valley and our Benjamin Vineyard located on the valley floor in the heart of Rutherford. Additional vineyard sources include neighboring Quarry Vineyard and Round Pond Estate, both in Rutherford, as well as Delouise and Shooting Star Vineyard located in Napa Valley.

Aging

20 months in 33% new and 67% once- and twice-filled French oak barrels.



NEW & NOTEWORTHY

INTRODUCING FRANK FAMILY’S NEW WINEMAKER, ALICIA SYLVESTER

Todd Graff, Frank Family’s Senior winemaker and General Manager, is pleased to announce the addition of Alicia Sylvester to our team as Winemaker. In her role, Alicia will help Todd oversee all aspects of wine production at Frank Family Vineyards, from the vineyards to the cellar and lab. Alicia will support Frank Family’s goal of producing estate-driven wines from some of Napa Valley’s finest vineyard sites. “Alicia joins Frank Family Vineyards with more than a decade of global winemaking experience working across a broad array of vineyards and wine styles,” says Todd. “She brings an immense passion for winemaking and an infectious ‘can-do anything’ attitude to our team and we’re lucky to have her.”

Learn more about Alicia’s journey in winemaking at Frankfamilyvineyards.com/blog.



GREENER PASTURES: HOW SHEEP ARE REVOLUTIONIZING SUSTAINABILITY AT FRANK FAMILY VINEYARDS

This year, Frank Family is embracing the growing trend of using sheep to support our sustainable farming. These charming, wooly workers play a vital role in our vineyards’ health by grazing on weeds and unwanted vegetation. This natural method of weed control reduces the need for herbicides and ensures our vines have the space and nutrients they need to thrive, all while promoting a healthier, more balanced ecosystem in the vineyard. As we continue to innovate and care for our land, we remain devoted to crafting exceptional, high-quality wines that embody the responsibility and attention we give to preserving our environment and caring for our personal health and wellbeing.

FRANK FAMILY SUPPORTS LOS ANGELES WILDFIRE RELIEF

The founding of Frank Family Vineyards is deeply linked to Los Angeles, where Rich and Leslie Frank lived and worked for many years, and still consider a second home. It has been truly heartbreaking to see the sheer scale of destruction the recent wildfires have caused. This remains an extremely challenging moment for the L.A. community. Many of our members, family, and friends have been displaced or directly affected.

Frank Family Vineyards has donated \$10,000 to providing immediate response and rebuilding efforts, supporting CAL Fire Foundation, the largest firefighting force in the nation who has protected Napa Valley more times than we can count in recent years.

We are thankful for the life-saving work done by these firefighters, first responders, and all the people standing in harm’s way to help others during this tragic time. We are honored to help bring some relief to the people and place that will always hold a special spot in our hearts.



RECENT PRAISE FOR OUR CHARDONNAY

We are excited to announce Frank Family Vineyards has been named “Best Winery” and “Best Chardonnay” in the 2024 *Best of Napa County Awards* for the second year in a row! Thank you to all our members and fans for voting for us last fall.

We’re also proud to share that *Wine Spectator* named Frank Family’s 2022 Carneros Chardonnay a “Top 10 Wine Value” of 2024! This annual showcase of wines is selected by *Wine Spectator*’s editors that they feel overdeliver on quality for the price and are as affordable as they are delicious. This achievement is a huge testament to Todd Graff and our winemaking team for the magic they continue to craft in the cellar vintage after vintage.

LIAM GEARTY CELEBRATES TEN YEARS AT FRANK FAMILY

This spring marks one decade since our Director of Hospitality, Liam Gearity began his journey with Frank Family Vineyards! A veteran of the restaurant hospitality industry, Liam has held long-term leadership positions at high-end restaurants in New York and Los Angeles, two of the most fast-paced hospitality markets in the nation. Liam first met Rich and Leslie Frank in 2011 while working as head bartender and wine and spirits buyer for Wolfgang’s Steakhouse in Beverly Hills. The three quickly developed a friendship and bonded over a shared passion for quality wine and a commitment to hospitality. After experiencing firsthand Liam’s work at Wolfgang’s and his commitment to creating positive guest experiences, Rich and Leslie offered Liam a sales position at Frank Family’s tasting room. Liam relocated from Los Angeles to Napa in 2015 to work with the Franks and quickly established himself as a leader. In spring 2017, Liam was promoted to his current role as Director of Hospitality where he oversees all divisions of Frank Family’s tasting room, wine club, and special events, and works continuously to elevate Frank Family’s hospitality-driven tasting experiences. Congratulations, Liam and cheers to many more years with Frank Family!





Healthy Recipes & Wine Pairings

Lemon Garlic Roasted Broccoli Salad

SERVES 2 | CALORIES PER SERVING: 1072

INGREDIENTS

Salad

3 heads broccoli, florets and stems roughly chopped
½ cup pine nuts
2 tablespoons olive oil
4 cloves garlic, minced
¼ cup chopped fresh parsley
1–2 cups baby kale
½ cup pomegranate seeds (from 1 pomegranate)
1 avocado, sliced
6 oz feta cheese, crumbled

Dressing

1 lemon, juiced
2 tablespoons olive oil
1 tablespoon balsamic vinegar
Pinch of crushed red pepper flakes
To taste: kosher salt and black pepper

BROCCOLI

Preheat the oven to 425°F.

Toss together the broccoli, pine nuts, olive oil, garlic, and a large pinch of both salt and pepper on a large baking sheet. Transfer to the oven and roast for 20–25 minutes or until the broccoli is just beginning to char. Remove from the oven and stir in the parsley.

DRESSING

In a small bowl, whisk together olive oil, lemon juice, balsamic vinegar, and crushed red pepper flakes. Taste and season lightly with salt and pepper.

TO SERVE

Pour the dressing over the roasted broccoli. Add the baby kale and pomegranate arils. Gently toss to combine. Transfer the salad to a bowl and top with feta and sliced avocado.

PAIR 2023 LEWIS VINEYARD CHARDONNAY

Roasted broccoli is not only beneficial for health but is a treat for the taste buds and serves as the star. This salad is bursting with flavor and demands a wine with good acidity and complementary fruit notes that can balance and enhance its character, such as Frank Family's Lewis Vineyard Chardonnay. The citrusy undertones of our Chardonnay brings out the lemony hints in the salad's dressing while its inherent creaminess works wonders to elevate the tangy and creamy feta crumbles.



Roasted Cauliflower Fried Halloumi Tacos with Avocado Basil Guacamole

SERVES 4 | CALORIES PER SERVING: 620

INGREDIENTS

Tacos

- 1 large head of cauliflower, cut into florets
- 2 tablespoons sesame or olive oil
- 2 teaspoons smoked paprika
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 14 oz canned black beans, drained and rinsed
- 8 oz Halloumi cheese, sliced*

Avocado Basil Guacamole

- 1 avocado, halved
- 1 cup fresh basil
- ¼ cup toasted pine nuts
- 1 lemon, juiced
- 2 tablespoons sesame oil
- To taste: kosher salt and black pepper

**Halloumi can be substituted for any cheese with a high melting point, such as mozzarella, queso de freír, kefalotyri, or paneer.*

TACOS

Preheat the oven to 400°F.

On a baking sheet, toss together the cauliflower, oil, paprika, chili powder, cumin, salt, and pepper. Transfer to the oven and roast for 20–30 minutes, tossing halfway through cooking. Remove from the oven and stir in the black beans.

Heat a small skillet over medium heat and add a drizzle of olive oil. Once hot, add the Halloumi slices and cook for 1–2 minutes per side or until lightly golden. Remove and drain onto paper towels.

GUACAMOLE

Add half of the avocado, basil, pine nuts, lemon juice, and oil to a food processor and pulse until chunky smooth. Dice the remaining avocado half and stir into the guacamole. Taste and season with salt and pepper.

TO SERVE

Layer the cauliflower on the tortillas and top with fried cheese and guacamole.

PAIR 2019 SPARKLING BRUT ROSÉ

When it comes to food that is fried or has a little heat, always start with the most versatile wine in your cellar. For us, that's our sparkling Brut Rosé, with its waves of fresh acidity and a lower alcohol content, giving it a craveable food pairing affinity. Plus, its hints of lime and minerality make it the closest thing to a margarita!



Sun-Dried Tomato Red Lentil Pasta

SERVES 6 | CALORIES PER SERVING: 276

INGREDIENTS

Pasta
8 oz box red lentil pasta
6 cups water
Pinch of kosher salt

Sun-Dried Tomato Sauce
¼ cup extra virgin olive oil
1 sweet onion, chopped
6 cloves garlic, minced
1 tablespoon dried basil
1 tablespoon dried oregano

Sun-Dried Tomato Sauce (cont.)
2 teaspoons ground turmeric
Kosher salt and fresh ground black pepper, to taste
28 oz can fire roasted tomatoes, preferably San Marzano
½ cup oil packed sun-dried tomatoes, oil drained, and chopped
1 tablespoon apple cider vinegar
2 large handfuls baby spinach or kale
Grated parmesan or toasted pine nuts (topping optional)

TOMATO SAUCE

Heat the olive oil in a large pot over medium heat. When the oil sizzles, add the onion and cook until soft and caramelized, about 5–10 minutes. Add the garlic, basil, oregano, turmeric, salt, and pepper. Cook for one minute or until fragrant.

Slowly add the tomatoes and the juices from the can, crushing the tomatoes with the back of a wooden spoon. Add the sun-dried tomatoes and vinegar. Simmer the sauce for 10–15 minutes or until reduced slightly. If desired, you can puree the sauce in a blender.

Stir in the spinach and cook for five minutes longer.

PASTA

Meanwhile, bring a large pot of salted water to a boil and cook pasta to al dente according to package directions. Drain.

TO SERVE

Divide the pasta among bowls and top with a generous amount of sauce. Garnish with cheese, nuts, and herbs.

PAIR 2023 LEWIS VINEYARD PINOT NOIR

This sun-dried tomato based sauce is a complex combination of fruity brightness and umami depth. It requires a relatively tart red with medium body to stand up to the powerful, high acid dish. Frank Family’s Lewis Vineyard Pinot Noir happily fills this role with its sufficient acidity and complementary flavors of dried herbs, black cherry, savory spices, and earth.



Greek Yogurt Chocolate Mousse Cake

SERVES 8 | CALORIES PER SERVING: 510

INGREDIENTS

Crust

1 cup walnuts

½ cup unsweetened coconut flakes

1 ½ cups pitted packed dates

½ cup cacao powder

Pinch of flaky sea salt

Chocolate Ganache

¾ cup full-fat canned coconut milk or heavy cream

5 oz dark chocolate, chopped

Mousse

1 cup heavy cream

1 ½ cups plain whole milk Greek yogurt

½ cup cacao powder

1–2 tablespoons honey

2 teaspoons vanilla

Optional toppings

Chopped pistachios, walnuts, dried flowers

CRUST

In a food processor, combine the walnuts, coconut flakes, dates, cacao powder, and a pinch of salt. Pulse until finely ground and the mix forms a ball, about five minutes. Press the mixture into the bottom of an 8–9 inch spring form pan, making sure to pack it in tightly.

MOUSSE

Add the heavy cream to the bowl of a stand mixer fitted with the whisk attachment or use a handheld mixer. Whisk the cream until stiff peaks form. Using a spatula, gently fold the Greek yogurt into the whipped cream. Add the cacao powder, honey, and vanilla and stir until combined and creamy. Spread the mousse evenly over the crust. Cover and place in the fridge for 1 ½ hours.

GANACHE

In a microwave safe bowl, combine the coconut milk and dark chocolate. Microwave for 30-second intervals, stirring after each until melted and smooth. Let cool for five minutes, then pour the ganache over top the mousse.

TO SERVE

Sprinkle with pistachios, more walnuts, or dried flowers. Chill for 30 minutes or until ready to serve. Run a knife around the inside of the spring form pan, then release the cake from the pan. Slice and serve alongside a glass of Frank Family’s Napa Valley Zinfandel!

PAIR 2022 NAPA VALLEY ZINFANDEL

This silky, creamy, and bittersweet chocolate mousse cake calls for a wine that offers a fuller body, robust aromas, and lively bold tones of fruit and chocolate nuances. Frank Family’s Napa Valley Zinfandel displays dense red fruit, energetic spice, and a slightly higher alcohol content that provides a well-weighted, complementary character to this protein and antioxidant-packed dessert.

Striking a Balance Fitness & Wine



"I have been playing golf most of my life and it's **one of my favorite ways to get outside and stay active**. I started playing with my dad when I was a kid living on Long Island and later, continued the tradition by playing with my brother, sons, and now grandsons. After starting work at Disney, I had the pleasure of playing golf on business trips at some of the greatest courses across Scotland and Ireland. Now, Leslie and I have a home on a golf course in Pebble Beach where I hit the links as often as I can."

RICH FRANK, *Founder*



"One of the best ways I balance wellness with my work in the wine industry is by hiking with my family. These hikes offer a great mix of exercise, time in nature, and quality moments together. Whether we're on a peaceful forest trail or a challenging mountain route, each hike **helps me reset and clear my mind after a busy day** in the tasting room. And when the hike's over, there's nothing better than relaxing with a glass of wine – it's the perfect way to unwind and recharge. It helps me keep a healthy balance between work and personal life."

ANTONIO ZEPEDA, *Hospitality Sales Lead*



"I've been playing basketball for over 50 years and still hit the courts weekly. **It's something I've always loved** and has become a big part of my wellness routine. After all these years, the game still keeps me in shape and pushes me both physically and mentally."

MIKE FREITAS, *Hospitality Sales Associate*



"I stay active throughout the year with skiing in the winter and hiking or backpacking in the warmer months. Working in the wine industry offers a good work-life balance, with some busy times, like harvest, but plenty of downtime as well. My day typically starts early, at 5:30 AM, but after work, I make it a point to unwind with a walk or hike. **Staying active is important to me**, and I get a lot of steps in working around the winery. To relax, I enjoy spending time in nature, hanging out with friends and family, or treating myself to a massage for some much-needed self-care."

KATIE SEARS, *Enologist*



"From yoga and meditation to ballet and Peloton, I'm always **looking for new practices that allow me to slow down and embrace mindfulness and an active lifestyle**. Travel is also another cherished part of my life that provides me with great joy. I recently returned from a trip to Costa Rica which was filled with so much outdoor adventures from hiking to waterfalls, scaling hanging bridges, surfing on the Pacific Coast, and swimming in natural hot springs. The trip was an incredible reminder to savor the moment, and what better beverage to allow us to take a step back and engage our senses than wine?"

MARISA MURRAY, *Brand Manager*



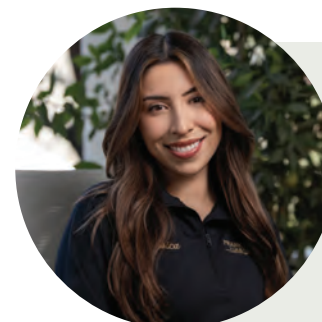
"As a retired professional athlete, staying active continues to play a significant role in my life, albeit in a more relaxed and social manner. I've traded the high intensity of my sports career for enjoyable group fitness classes like CrossFit and Spin, which offer a fantastic blend of movement and community engagement. Since I spend a lot of time at a desk, I consciously try to stay active by incorporating daily walks and quick stretching breaks to keep my body in motion. I also focus on maintaining a healthy diet to **support my overall wellness and energy levels**. After a busy day, a glass of wine is my go-to way to relax and unwind, helping me shift gears and let go of the stress."

CALY BALL, *Content Associate*



"Growing up in Sonoma County and having worked in Napa Valley for the past 40 years, **leading an active lifestyle has always come second-nature** to me. Throughout the year, but especially during harvest, I'm in our vineyards weekly walking the vine rows and keeping an eye on the fruit. When I'm not in the vineyard or in the Frank Family cellar, I enjoy international travel, with Portugal being one of my favorite countries, hiking, and golf. I'm also an avid mountain biker and fly-fisherman and always try to find a way to sneak off to the woods during my many work trips throughout the year."

TODD GRAFF, *Senior Winemaker & General Manager*



"One way I maintain a balance between wellness and my work in the wine industry is by staying active and making time for the people I care about. Regular workouts are a key part of how I keep my energy up and manage the demands of the job. Whether it's something physical to get moving or just finding a moment to relax and recharge, **staying active helps me feel centered**. Equally important is spending quality time with loved ones, whether it's sharing a meal or just enjoying each other's company. These moments of connection help me unwind and keep life in balance, both inside and outside the tasting room."

JESSICA AYALA, *Concierge*

Our Ocean, Our Health



FRANK FAMILY VINEYARDS AND 4OCEAN
MAKE WAVES FOR A CLEANER PLANET

Continuing Rich and Leslie Frank's legacy of championing people and causes close to our hearts, the Frank Family Vineyards "Frank for a Cause" campaign will continue its partnership with 4ocean for a second year to help fund the removal of plastic and trash from oceans, rivers, and coastlines. 4ocean has been leading the clean ocean movement since 2017 with over 40 million pounds of trash recovered to date.



BUY ONE, PULL ONE

Through July 2026, for every wine bottle purchase, Frank Family Vineyards will pull one pound of plastic from the world's waterways, directly contributing to cleaner, healthier marine environments. Your support has allowed us to pull 18,750 pounds of trash and plastic worldwide since kicking off this partnership in late 2024. Thanks to you, Frank Family has also funded 44 full-time 4ocean crew members who all receive a fair living wage and full health insurance coverage.

BRACELETS FOR CHANGE

Frank Family has collaborated with 4ocean to create a custom bracelet made from recycled materials collected by 4ocean captains and crew that represents our giving spirit and our shared passion for sustainability. Each bracelet is handcrafted by 4ocean artisans in Bali and Guatemala.

Every bracelet purchased not only pulls five pounds of trash from the ocean, but it helps support these local artisans by providing the reliable source of income they need while creating new opportunities for growth, health, education, equality, and prosperity in the future.

Our custom bracelet is hand-braided from recycled cord and features a 100% recycled stainless steel Frank Family charm. It's available individually or in a package with a bottle of our Carneros Chardonnay or Napa Valley Cabernet Sauvignon at FrankFamilyVineyards.com/philanthropy/4ocean. Our team is currently working on a new custom bracelet design to add to our exclusive line with 4ocean – coming soon!



Join Us: COMMUNITY CLEANUPS

Frank Family Vineyards is not only helping to fund high impact cleanups around the world, but we are also taking action at home. From the east coast to west, Frank Family is on a mission to bring our members and fans together in local communities nationwide to make a wave of change.

BOCA RATON, FLORIDA CLEANUP

September 2024 | 100 lbs of trash recovered

Our first of many cleanups took place in honor of International Coastal Cleanup Day in Boca Raton, Florida. Founders Rich and Leslie Frank, along with members of our Frank Family team, spent two days with the 4ocean crew as we cleaned a little over one hundred pounds of trash from Boynton Beach and Spanish River Park to prevent debris and microplastics from entering the water and harming nearby marine life, like the endangered sea turtle.

SAN DIEGO, CALIFORNIA CLEANUP

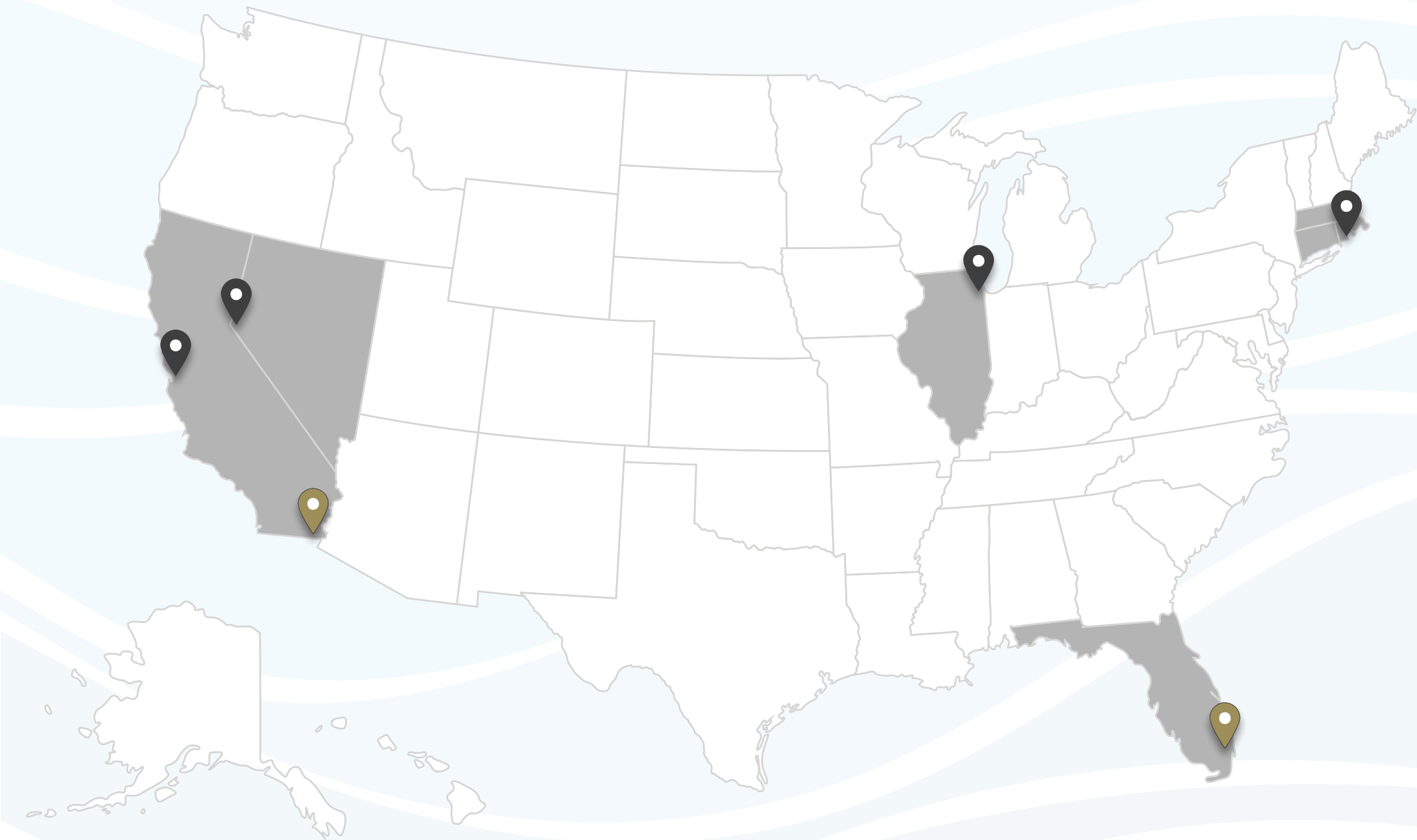
October 2024 | 71 lbs of trash and 34 pounds of recyclable plastic recovered

Our first West Coast cleanup event in partnership with 4ocean was a huge success! We cleaned along Mission Bay in San Diego, pulling over 100 pounds of trash and recyclable plastic, and finished the day with an incredible whale watching experience to see the impact we all have on local marine life.

2025 CLEANUP EVENTS NEAR YOU

Visit FrankFamilyVineyards.com/philanthropy/4ocean for additional details

- Bay Area, California | March 29, 2025
- Chicago, Illinois | May 31, 2025
- Newport, Rhode Island | June 7, 2025
- Lake Tahoe, Nevada | September 27, 2025



More to Explore

BEST HIKING TRAILS IN NAPA VALLEY



Old Sawmill Trail



While our beautiful region may be better known as Wine Country, it is also a hidden-gem full of stunning natural beauty. We hope to inspire you to take the next step in your wellness journey with these scenic trails that will exercise your mind and body during your next visit.



ALSTON PARK, NAPA

Many Frank Family team members live around downtown Napa. This park is among their favorites for its convenience to town and scenic vistas. The park consists of three miles of meandering trails set on 157 acres of rolling hills, creeks, and vineyards in Napa's northwest corridor. This dog-friendly spot offers a fenced dog park and an off-leash section for you and your pup to walk and enjoy the panoramic views of Napa Valley.



BOTHE-NAPA VALLEY STATE PARK, CALISTOGA

Within walking distance of the Frank Family tasting room, this 1,900-acre park offers everything from camping and swimming to picnicking and hiking. Over 10 miles of hiking trails pass through pockets of coastal redwoods and forests of Douglas-fir, tanoak, and madrone. Historic cabins, campsites, and yurts are available to rent for overnight stays. There is a \$10 fee per car to enjoy the grounds, but entry is free for hikers and those on bikes.



LINDA FALLS, ANGIN

One of Napa Valley's best-kept secrets is Linda Falls, located in the small town of Angwin, high in the hills of Howell Mountain. The hike is an easy to moderate 3-miles and gradually descends past giant redwoods and ancient oaks. Here, icy water from the Conn Creek cascades over granite boulders, creating a double waterfall that drops 50 feet into terraced pools below. We recommend visiting in winter or spring to experience the waterfall's peak volume.



ROBERT LOUIS STEVENSON STATE PARK, CALISTOGA

This is a hike to the highest point in Napa Valley, the summit of Mount Saint Helena. The park sits on more than 5,000 acres and offers some of the most breathtaking views of Napa, Sonoma, and the larger San Francisco Bay Area. On clear days, the Pacific Ocean, Sierra Nevada Mountains, and Mount Shasta are visible. The trail itself features forest, canyon terrain, and a gently graded 5-mile uphill hike to the peak. Enjoy this 10.2 mile out-and-back hike with an elevation gain of about 2300 ft, making it one of the few hikes that can be enjoyed in the snow during wintertime. We suggest giving yourself time to relax and enjoy the views from the top, perhaps with a celebratory glass of Frank Family wine!



2025 CALENDAR OF EVENTS

Pebble Beach Food & Wine
Pebble Beach, California
April 10–13

Chef Ken Frank Miller House Dinner
Frank Family Vineyards
Saturday, May 3

Nantucket Wine Festival
Nantucket, Massachusetts
May 14–18

Aspen Food & Wine Classic
Aspen, Colorado
June 20–22

Chardonnay and Lobster Dinner
Frank Family Vineyards
Saturday, August 16

Harvest Dinner
Frank Family Vineyards
Saturday, October 11

Holiday Wine Tasting Seminar
Frank Family Vineyards
Saturday, December 6



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