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### **Summer's Fine With Nuts and Wine**

Elgin, IL -- It's funny. Cheese, which goes great with wine, is often described as having a "nutty" flavor. The reason for the reference makes sense. Cheese, like nuts, can have a complex and rich flavor palate that complements the subtle notes of fruit in good wine, and together they make a pleasing symphony in the mouth.

So rather than getting allegorical, why not go straight to the source? This summer, Fisher Nuts is teaming up with Bohemian Highway Wine to help partygoers and patio sitters alike enhance their warm days and balmy nights with the simple, carefree combination of wine and nuts.

The Bohemian Highway is a unique stretch of Northern California road that winds through vineyards and redwood forests as it makes its way to the Pacific Ocean. The award-winning wines take their inspiration from the artists and adventure seekers who wandered down this route many years ago in search of an easy-going, relaxed California lifestyle. And, as everyone knows, there are a lot of nuts in California.

"This promotion with an irreverent, fun brand like Bohemian Highway is a great way to get summer off on the right foot," says Julie Nargang, Director of Corporate Marketing – National Brands for Fisher Nuts.

The promotion, at grocers in Texas is simple. Shoppers simply look for the Fisher Nut "coupon" on the Bohemian Highway Wine Bottle and immediately use it to get \$1 off of any two Fisher Nut products.

For the health conscious, it pays to remember that Fisher Nuts are little powerhouses packed with essential amino acids and other nutrients that make them a wholesome and nutritious snack. Besides that, chips and pretzels don't go with wine.

Nuts have a better balance of good versus bad fat than many traditional snacks and include essential fatty acids that are good for cellular health. And, studies have shown that snack nuts contain relatively little salt and oil, but do contain nutrients such as protein and minerals not found in potato or tortilla chips. Potato chips also have a high concentration of saturated fat, the kind that clogs arteries. A one-ounce serving of mixed nuts contains 1.1 grams of saturated fat, while the same serving size of potato chips contains 3.2 grams.

Here are some more nutty facts:

- Nuts and peanuts contain monounsaturated and polyunsaturated fats, which improve blood cholesterol levels. (Diabetes Forecast)
- Nuts are an excellent source of fiber and essential vitamins and minerals. (Diabetes Forecast)
- Nuts provide many of the same nutrients as meat and poultry, especially protein. (U.S. Department of Agriculture Nutrition Insights)
- Eating nuts lowers cholesterol increases lipoproteins (U.S. Department of Agriculture)

So watch the sun go down, or come up, and enjoy a great flavor combination that never gets old or boring. Fisher Nuts and Bohemian Highway Wine conjure a summer joie de vivre all by themselves, and their pairing will please even the most finicky gourmand.

John B. Sanfilippo & Son, Inc., founded in 1922, is a leading processor, marketer and distributor of shelled and in-shell nuts and extruded snacks that are sold in multiple distribution channels. Their products can be found under the company's Fisher® and Sunshine Country® brand names and under a variety of private labels.

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