

# SUSTAINABILITY IN ACTION: HOW TO BE CONSCIOUS WHILE DINKING WINE

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**Summary:** Nowadays, there are three the most prevalent modern alternative practices that are used in winemaking. Every practice is directly related to the solving of environmental problems and human health protection. Organic winemaking uses only natural substances instead of chemically produced once. Biodynamic winemaking is based on the moon cycles and special lunar calendar that regulates all proceses. Sustainable winemaking involves a range of practices that are ecologically, economically, socially responsible. Sustainable development is the only one possible and the best way of economy and generally living for those who care about the future of our planet.

**Keywords:** environment, organic, biodinamic, sustainable, responsibility.

## Introduction.

All around the world, people have become more conscious of what they eat and drink. Conscious consumption is not only about the quantity of consumed products, it`s about the quality and especially about the environmental impact that goes after. Wine production, as well as food production, is looking for new working and farming methods and new technics for its economy, which may maximize the efficiency and minimize the impact. Today I am going to tell you about the three most prevalent modern practices: organic, biodynamic and sustainable winemaking.

### 1. Organic wines.

There are two types of organic classifications and listing on wine bottles. They depend on farming methods and the sulphur dioxide presence. Organic wines must be made from certified organically grown grapes, avoiding any synthetic fertilizers, pesticides, fungicides herbicides and other unnatural additives. The organic vineyard follows organic viticulture and utilizes naturally occurring substances instead of industrially produced chemicals. The idea is to take the 'prevention rather than cure' approach to grape growing and to create a healthy bio-diversity and soil.

Organic wines may be produced without the addition of sulphur dioxide (SO<sub>2</sub>) – this is another criterion of classification.

### 2. Biodynamic wines.

Biodynamic is similar to the organic farming. No chemicals and `manufactured` additions like commercial yeast, albumins etc. are allowed in biodynamic wine production. Instead, winemakers make special compost preparations with natural ingredients to bolster and fertilize their vineyards. A biodynamic wine means that the grapes are farmed biodynamically, and that the winemaker did not make any common manipulations such as yeast or sugar addition, acidity adjustment etc. It was first popularized in the 1920s by an Austrian philosopher name Rudolf Steiner. The concept behind biodynamics is that everything in the universe is interconnected. Biodynamic viticulture is the practice of balancing the resonance between vine, man, earth, the moon, planets and stars. Vineyard is considered an entire ecosystem, influenced by lunar cycles. Biodynamics occur primarily in the vineyard before winemaking even happens. All the tasks, from planting, pruning, to harvesting, are regulated by a special biodynamic calendar. Each day coincides with one of the four classical elements of Earth, Fire, Air and Water. The calendar divides days into four categories: Root, Fruit, Flower and Leaf Days. Fruit days are best for harvesting grapes, Root days – for pruning, leaf days – for watering and on the flower days would be better to leave the vineyard alone. You would never, for example, want to harvest on a Leaf Day because Leaf Days correlate with the Element water and you`d end up picking rotten, waterlogged grapes!

### 3. Sustainable wines.

Sustainability refers to a range of practices that are not only ecologically based, but also economically efficient, quality oriented and socially responsible. Sustainable winemaking includes a lot of practices which help to minimize its environmental impact. For example, alternative energy sources, sun, wind or water energy may be used instead of traditional once. The wineries may be built using sustainable materials, an infrared

reflecting or green roof and special walls and doors to maximize insulation. Sustainability means also zero-waste production and permanent recycling. The important part of sustainable winemaking are animals. Winemakers use sheep, horses and other animals instead of tractors for weeding to practice eco-friendly winemaking. One more example. The process for turning wine waste into biofuel is actively developing. The wine industry produces vast amounts of waste material which is normally just thrown away after the grapes are pressed, and all the juice is extracted. With the help of a fungi cocktail (consisting of *Trichoderma harzianum*, *Aspergillus niger*, *Penicillium chrysogenum*, and *Penicillium citrinum*), scientist breaks winery waste material down into basic carbohydrates that can be fermented, producing biofuels such as ethanol. So, winery waste is turning into something very useful. That is sustainability in action.

### **Conclusion.**

Sustainability has a lot of goals. It fights with the world hunger and poverty, protects health and well-being, educates people on climate change, protect the environment, develops new technics for efficient using of natural sources and recycling, etc. But all these starts with the simple understanding of our own responsibility for our present, future and the future of all generations that will come after us. So, let`s choose the path of sustainable development, self-responsibility, organic healthy food and wine. Let`s try to be more conscious and understand what we buy and what for. Let`s be the change we wish to see in our world.

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