

## Elisabetta Foradori, Trentino

Elisabetta Foradori's father died when she was 11. She could have gone off the rails, but she didn't. 'I come from a family attached to the land. This gives you stability, inner depth. I am a rebel inside, but I control this,' she says.

For Foradori, taking over the family vineyard meant more time studying at a winemaking school in which nature had no place. 'Six years of study based on chemicals, then a decade of farming my land that way. Although I never used weedkillers, I felt utterly disconnected; like I'd been castrated.'

She soon rejected the Trentino orthodoxy of making huge quantities of flavourless plonk on overwrought soils, leading the way in regenerating local vineyards with lower yielding heritage cuttings of traditional Alto Adige vines – notably Teroldego for reds and Nosiola for whites. She adopted organic and then biodynamic methods, encouraged by the French wineries she had visited and by the German eco-writer Rainer Zierock, whom she married. Sadly, his premature death in 2009 left Elisabetta with three not-yet-adult children, Emilio, Theo and Myrtha.

'My biggest regret is the lack of courage that Italy's top estates show about going natural or biodynamic. Changing how they farm 100% with their heart, not just for fashion. Maybe they don't believe they can do it. Yes, it's hard to change 100%, and it's especially hard for the famous estates. But France's greatest estates have managed it, so why not Italy's too?'

Once Elisabetta's children take over from her, will she let them farm as they wish? 'No. I have left a foundation stone in place here. My children agree we must build on it. Biodynamics is a way of feeling, of living, not just a list of things to do or copy without inner reflection. Nurturing this sensibility deep within you is the best way of healing the soil. And ultimately yourself.'

[www.elisabettaforadori.com](http://www.elisabettaforadori.com)

Photographs: Flaming Bornemann (2)



Harvesting is carried out according to biodynamic principles at Foradori's estate

*'Foradori led the way in regenerating local vineyards with lower yielding heritage cuttings of traditional Alto Adige vines'*



### One to try

**Foradori, Teroldego, Vigneti delle Dolomiti, Trentino-Alto Adige 2013 96**

£23-£26.50 Les Caves de Pyrène, Vini Italiani

A lively red in every sense, with sparkingly bright red cherry fruit flavours, zippy tannins that leave your mouth refreshed, a touch of vanilla spice thrown in for good measure, and a winningly savoury aftertaste. **Drink 2016-2023 Alc 12%**