

## Pages and Palates – Three Wine Books to Explore

By Cindy Rynning

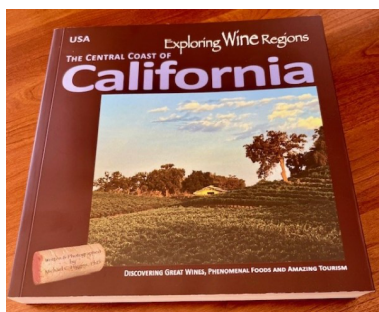
For many, sipping a glass of wine while reading a juicy novel may be a favorite pastime. I know it is for me. After a day of errands, writing, or organizing the pantry for the millionth time (truth), I enjoy opening a bottle of something delicious and relaxing with a good book. In fact, there's always a book on my coffee table begging for me to enjoy! In the past few months, I've received (*as samples*) three outstanding reads worth sharing. Find each and let me know your thoughts.

### *Exploring Wine Regions – California Central Coast* by Michael C. Higgins, PhD

Raise a glass if you're ready to explore California wine country but not Napa, Sonoma or your usual sipping spots? Seasoned author Michael C. Higgins has published, *Exploring Wine Regions-California Central Coast*, his third book in the Exploring Wine Regions series. The 436 page coffee-table-worthy book is one that takes the wine lover on a journey to fascinating regions that may not be on everyone's radar.

Higgins adeptly combines wine education and stunning photography in this beautiful travel, wine and food guide. Now that I'm a resident of California's Central Coast, *Exploring Wine Regions-California Central Coast* reveals even more surprising gems to experience and I'm ready to get in the car now! From Monterey in Monterey County to Valle de Guadalupe in Baja California, Higgins includes extensive resources relating to wineries to visit, where to dine, where to stay, travel tips, and so much more.

Not all wineries in this vast region made the cut, however. To be included, wineries must be open to the public for visits, wines offered must be outstanding and interesting experiences should be offered for guests. "Every place I have written about in this book is from my own personal, hands-on experience. No one has paid me to write any of these reviews," states Higgins. Cost is \$44.95 and you can order [HERE](#).



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