



Wisdom of Nature

organic grape products

Koutsí, 20500 Nemea, Greece

www.sofiatifsis.gr | mail@sofiatisfisis.gr



About us

Wisdom of Nature is a family owned business and a 100% organic producer of grape products. Established in 2005 to make the best out of our 8ha vineyard in the famous region of Nemea on the Peloponnese in Greece. All our efforts have the goal to make high quality, organic and healthy products and to give our clients a unique and tasteful experience. We don't use any conservatives or artificial additives in our products. All our products are gluten free and vegan (except the white balsamic vinegar with honey that contains honey) and our production unit runs according to the quality assurance systems ISO 9001:2008 and ISO 22000:2005.

In the year 2014 three of our products won a Great Taste Award by the Guild of Fine food in London, England. Today, we export up to 80% of our production to more than 15 countries all over the world.

In our products, you will feel the gentle Greek sun, our respect for the environment and the great taste that nature gives us in return. When you start to use our products in your daily kitchen, your salads, dips,

Our Specialties

- Red and white vinegars, made from the indigenous grape varieties Agiorgitiko and Roditis Either pure or combined with aromas extracted from real herbs and fruits that grow on our land.
- Balsamic vinegars and balsamic creams, produced 100% from grape juice without any additives, some aged in French oak barrels.
- Sweet vinegars with fruits or berries, a combination of our Sweet vinegar and selected whole fruits and berries to give the vinegar well-balanced and natural aromas and tastes that unite sourness, sweetness and fruitiness.
- Petimezi – concentrated grape juice, a concentrated natural sweetener that is used in the Mediterranean since ancient times. We produce it in the traditional philosophy but with modern technology to make sure that we keep all the good ingredients.



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Petimezi

Concentrated Grape Juice

**Variety:** Agiorgitiko

Hand-picked and sorted, low-yield vineyard

Agiorgitiko is an ancient indigenous grape variety used for the production of fruity red wines with soft tannins.

Region: Agiorgitiko vines are cultivated exclusively within the limits of the Nemea region on the Peloponnese, where the wine PDO NEMEA is produced.

Information: Petimezi – Concentrated grape juice is a concentrated Agiorgitiko grape juice. A natural sweetener, that is used in the Mediterranean since ancient times. We produce it in the traditional philosophy but with modern technology to make sure that it includes all the good ingredients. Try this magic must everywhere, in your pastry or your hot drink instead of sugar, on your salads, to caramelize meat or just over your ice cream.

Tasting notes: Dark red colour with ruby highlights, aromas of pepper, clove and sun-dried tomatoes. Rich body, sweet taste with a hint of sourness, long sweet finish.

Ingredients: Concentrated grape juice*

*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Brix: 65-67

Shelf life: 24 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

Label Languages: English - Greek, English - USA
German - French, French - Dutch

Certification:

Organic certified according to Reg. (EC) 834/2007
USDA NOP, ISO 9001/2008, ISO 22000/2005



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Red Grape Vinegar

Agiorgitiko

**Variety:** Agiorgitiko

Hand-picked and sorted, low-yield vineyard

Agiorgitiko is an ancient indigenous grape variety used for the production of fruity red wines with soft tannins.

Region: Agiorgitiko vines are cultivated exclusively within the limits of the Nemea region on the Peloponnese, where the wine PDO NEMEA is produced.

Information: It all started with ripe, healthy, organic grapes of the famous Greek wine variety Agiorgitiko. During the vinification the temperature is systematically measured and no sulphites or other additives are used at any point. Then the acetic fermentation begins through controlled oxygen flow. The result is a vinegar with a distinct red ruby colour and an amusing taste, ideal for every kind of salad or to marinate red meat.

Tasting notes: A ruby colour, aromas of red sun-dried fruits and spices. Strong sour taste with notes of plums and a long finish.

Ingredients: Grape vinegar*

*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Acidity: 6%

Shelf life: 36 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

Label Languages: English - Greek, English - USA
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White Grape Vinegar

Roditis

**Variety:** Roditis

Hand-picked and sorted, low-yield vineyard

Roditis is an ancient indigenous grape variety. It has a pinkish skin but it is used for the production of white wines.

Region: From the Mamouzia vineyards on the slopes of the wine region Egialia in northeast Peloponnese were the wine PDO Patras is produced.

Information: Ripe wine grapes of the famous indigenous variety Roditis are vinified at low temperatures in order to give out a wine with a rich aromatic bouquet. Then a white grape vinegar, vivid with high acidity is produced with the typical aroma of the grape variety. One of the few organic white grape vinegars made with passion for quality. It perfectly accompanies green salads, vegetables, pulses and fish.

Tasting notes: Light yellow colour with rose highlights, aromas of tropical fruits and citrus, strong sour taste with a hint of lemon in the finish.

Ingredients: Grape vinegar*

*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Acidity: 6%

Shelf life: 36 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

Label Languages: English - Greek, English - USA
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Red Grape Vinegar

with Basil & Garlic



Variety: Agiorgitiko

Hand-picked and sorted, low-yield vineyard

Region: Agiorgitiko vines are cultivated exclusively within the limits of the Nemea region on the Peloponnese, where the wine PDO NEMEA is produced.

Basil & Garlic: Cultivated around our vineyards, hand-picked and dried naturally.

Information: Ripe organic grapes of the variety Agiorgitiko are vinified according to the typical red wine making process. Then the acetic fermentation begins through a controlled oxygen flow. When the vinegar is ready, the final touch is given with dried basil & whole cloves of garlic, steeped in it for a short period. The result is a vinegar with complex aromatic bouquet and spicy taste.

Tasting notes: Red colour with brown highlights, strong aromas of basil & garlic with hints of red fruits. Sour and spicy taste with notes of sun-dried fruits in the finish.

Ingredients: Grape vinegar*, Basil*, Garlic*

*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Acidity: 6%

Shelf life: 36 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

Label Languages: English - Greek, English - USA
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Red Grape Vinegar

with Cardamom & 3 Peppers



Variety: Agiorgitiko

Hand-picked and sorted, low-yield vineyard

Region: Agiorgitiko vines are cultivated exclusively within the limits of the Nemea region on the Peloponnese, where the wine PDO NEMEA is produced.

Cardamom & Peppers: Carefully selected and whole spices.

Information: Ripe organic grapes of the variety Agiorgitiko are vinified according to the typical red wine making process. Then the acetic fermentation begins through a controlled oxygen flow. When the vinegar is ready, the final touch is given with whole cardamoms and a mixture of peppers, green, red and white, dipped in it for a short period.

Tasting notes: Ruby colour, clear aromas of cardamom and red fruits. Sour and spicy taste, in the finish hints of sun-dried fruits and wild rocket. Red colour with brown highlights, strong

Ingredients: Grape vinegar*, Cardamom*, Peppers*

*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Acidity: 6%

Shelf life: 36 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

Label Languages: English - Greek, English - USA
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White Grape Vinegar

with Thyme



Variety: Roditis

Hand-picked and sorted, low-yield vineyard

Region: From the Mamouzia vineyards on the slopes of the wine region Egialia in northeast Peloponnese where the wine PDO Patras is produced.

Thyme: Cultivated around our vineyards, hand-picked and dried naturally.

Information: Ripe grapes of the variety Roditis are vinified at low temperatures in order to give out a wine with a rich aroma bouquet. Then a white grape vinegar, vivid with high acidity is produced. At the end, sun-dried thyme is dipped in the vinegar for a few days in order to extract the characteristic aromas of the herb. Use it to marinate fish or to add a Mediterranean touch to salads.

Tasting notes: Light yellow colour with green and rose highlights, aromas of thyme with notes of citrus. Strong sour taste with hints of thyme and lemon in the finish.

Ingredients: Grape vinegar*, Thyme*

*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Acidity: 6%

Shelf life: 36 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

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White Grape Vinegar

with Mandarin & Spices



Variety: Roditis

Hand-picked and sorted, low-yield vineyard

Region: From the Mamouzia vineyards on the slopes of the wine region Egialia in northeast Peloponnese where the wine PDO Patras is produced.

Mandarins: Fresh mandarins from the Greek variety of Chios Island.

Spice mixture: Clove, cinnamon & allspice

Information: Ripe grapes of the variety Roditis are vinified at low temperatures in order to give out a wine with a rich aroma bouquet. Then a white grape vinegar, vivid with high acidity is produced. Afterwards mandarin peels with a mixture of spices are dipped in the vinegar for a few days to achieve the final characteristic and complex aroma.

Tasting notes: Light yellow colour with rose highlights, aromas of Chios mandarins and tropical fruits. Strong sour taste with hints of clove and spices in the finish.

Ingredients: Grape vinegar*, Mandarins*, Glove*, Cinnamon*, Allspice*

*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Acidity: 6%

Shelf life: 36 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

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Sweet Vinegar

Agiorgitiko

**Variety:** Agiorgitiko

Hand-picked and sorted, low-yield vineyard

Agiorgitiko is an ancient indigenous grape variety used for the production of fruity red wines with soft tannins.

Region: Agiorgitiko vines are cultivated exclusively within the limits of the Nemea region on the Peloponnese, where the wine PDO NEMEA is produced.

Information: Two traditional products from grapes of the variety Agiorgitiko are used in order to produce this unique sweet vinegar. Our red grape vinegar and the pure grape syrup called Petimezi. Combined in a single drop the aromas of the Agiorgitiko grape, the sweetness of the Petimezi well-balanced with the fine acidity of the vinegar.

Tasting notes: Dark brown colour with red highlights, aromas of sun-dried fruits and spices. Well-balanced sweet & sour taste followed by a long finish with hints of brown sugar.

Ingredients: Concentrated grape juice*, Grape vinegar*

*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Acidity: 5%

Shelf life: 36 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

Label Languages: English - Greek, English - USA
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Balsamic Vinegar

Aged 3 years



Variety: Agiorgitiko

Hand-picked and sorted, low-yield vineyard

Agiorgitiko is an ancient indigenous grape variety used for the production of fruity red wines with soft tannins.

Region: Agiorgitiko vines are cultivated exclusively within the limits of the Nemea region on the Peloponnese, where the wine PDO NEMEA is produced.

Information: First, a sweet vinegar is created by two traditional products from grapes of the variety Agiorgitiko, red grape vinegar and Petimezi – concentrated grape juice. Then this dynamic mixture follows the steps of PDO NEMEA wine and ages in French oak barrels for three years. The result is a balsamic vinegar with complex aromas of vanilla and spices.

Tasting notes: Dark brown colour, aromas of vanilla and spices. Strong sour taste combined with a well-balanced sweetness. Rich and full body with notes of ripe red fruits in the finish.

Ingredients: Concentrated grape juice*, Grape vinegar*

*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Acidity: 5%

Shelf life: 36 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

Label Languages: English - Greek, English - USA
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Balsamic Cream

with Mandarin

**Variety:** Agiorgitiko

Hand-picked and sorted, low-yield vineyard

Agiorgitiko is an ancient indigenous grape variety used for the production of fruity red wines with soft tannins.

Region: Agiorgitiko vines are cultivated exclusively within the limits of the Nemea region on the Peloponnese, where the wine PDO NEMEA is produced.

Mandarins: Fresh mandarins from the Greek variety of Chios Island.

Information: Sweet vinegar from Agiorgitiko boiled slowly with Petimezi - concentrated grape juice, until it becomes a thick, velvety cream. Shortly before the end, whole Chios mandarins are added to give to the final product its characteristic flavour and aroma. A natural, well-balanced sweet and sour balsamic cream, without any additives or preservatives.

Tasting notes: Deep brown colour with intense aromas of caramel and citrus fruits. Strong sweet and sour taste with notes of citrus and spices in the finish.

Ingredients: Concentrated grape juice*, Grape vinegar*, Mandarins*

*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Shelf life: 24 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

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White Balsamic

with Honey



Variety: Roditis

Hand-picked and sorted, low-yield vineyard

Region: From the Mamouzia vineyards on the slopes of the wine region Egialia in northeast Peloponnese where the wine PDO Patras is produced.

Honey: Organic honey from spring flowers. Unfiltered, with a high concentration of pollen, from the slopes of mount Parnona, collected at an altitude of 1.000m.

Information: A combination of white grape vinegar from the indigenous variety Roditis and spring heath honey, collected tenderly from beekeepers on the slopes of mount Pindos is the secret of this unique, well-balanced vinegar. It unites all the aromas and tastes of the Greek countryside in a bottle.

Tasting notes: Light yellow colour with rose highlights, aromas of tropical fruits and honey. Strong sour taste with balanced sweetness and notes of citrus fruits in the finish.

Ingredients: Grape vinegar*, Flower Honey*

*Product of organic farming

Free from: Gluten Free, GMO Free

Acidity: 5%

Shelf life: 36 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

Label Languages: English - Greek, English - USA
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Certification:

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Sweet Vinegar

with Pomegranate



Variety: Agiorgitiko

Hand-picked and sorted, low-yield vineyard

Region: Agiorgitiko vines are cultivated exclusively within the limits of the Nemea region where the wine PDO Nemea is produced.

Pomegranate: Hand-picked pomegranates of the famous Greek variety Ermioni from the Corinthia Highlands.

Information: The combination of our Sweet Vinegar with pomegranates results in this well-balanced vinegar that unites sourness, sweetness and fruitiness, all in one product. Whole pomegranates are dipped in the vinegar for some days to extract their natural aroma.

Tasting notes: Dark red-brown colour, aromas of sun-dried grapes with hints of banana. Sour taste combined to a balanced sweetness, strong notes of ripe fruits and pomegranates in the aftertaste.

Ingredients: Grape vinegar*, Concentrated grape juice*, Pomegranates*

*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Acidity: 5%

Shelf life: 36 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

Label Languages: English - Greek, English - USA
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Certification:

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Sweet Vinegar

with Strawberry



Variety: Agiorgitiko

Hand-picked and sorted, low-yield vineyard

Region: Agiorgitiko vines are cultivated exclusively within the limits of the Nemea region where the wine PDO Nemea is produced.

Strawberry: Carefully selected, hand-picked, from the Corinthian valley.

Information: The combination of our Sweet Vinegar with strawberries results in this well-balanced vinegar that unites sourness, sweetness and fruitiness, all in one product. Whole strawberries are dipped in the vinegar for some days to extract their natural aroma.

Tasting notes: Dark ruby red colour with brown highlights, aromas of sun-dried grapes and cherries. Sour taste combined to a balanced sweetness, strong notes of fresh red fruits and strawberries in the aftertaste.

Ingredients: Grape vinegar*, Concentrated grape juice*, Strawberries*

*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Acidity: 5%

Shelf life: 36 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

Label Languages: English - Greek, English - USA
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Certification:

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Sweet Vinegar

with wild Blackberry



Variety: Agiorgitiko

Hand-picked and sorted, low-yield vineyard

Region: Agiorgitiko vines are cultivated exclusively within the limits of the Nemea region where the wine PDO Nemea is produced.

Blackberry: Wild, hand-picked in our vineyard by the river Asopos in Nemea.

Information: The combination of our Sweet Vinegar to wild blackberries results to this well-balanced vinegar that unites sourness, sweetness and fruitiness, all in one product. Whole wild black-berries are dipped in the vinegar for some days to extract their natural aromas.

Tasting notes: Dark red-brown colour with orange highlights, aromas of sun-dried grapes and forest berries. Sour taste combined to a balanced sweetness, strong notes of ripe dried fruits and blackberries in the aftertaste.

Ingredients: Grape vinegar*, Concentrated grape juice*, wild Blackberries*
*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Acidity: 5%

Shelf life: 36 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

Label Languages: English - Greek, English - USA
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Sweet Vinegar

with Blueberry



Variety: Agiorgitiko

Hand-picked and sorted, low-yield vineyard

Region: Agiorgitiko vines are cultivated exclusively within the limits of the Nemea region where the wine PDO Nemea is produced.

Blueberry: Carefully selected, hand-picked from the region of Karditsa in central Greece.

Information: The combination of our Sweet Vinegar to blueberries results to this well-balanced vinegar that unites sourness, sweetness and fruitiness, all in one product. Whole blueberries are dipped in the vinegar for some days to extract their natural aromas.

Tasting notes: Dark ruby red colour with brown highlights, aromas of sun-dried grapes and plumes. Sour taste combined to a balanced sweetness, strong notes of fresh red fruits and blueberries in the aftertaste.

Ingredients: Grape vinegar*, Concentrated grape juice*, Blueberries*

*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Acidity: 5%

Shelf life: 36 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

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Sweet Vinegar

with Chilli



Variety: Agiorgitiko

Hand-picked and sorted, low-yield vineyard

Region: Agiorgitiko vines are cultivated exclusively within the limits of the Nemea region where the wine PDO Nemea is produced.

Chilli: Carefully selected, hand-picked from our organic cultivated garden in Nemea.

Information: The combination of our Sweet Vinegar to chilli peppers results to this well-balanced vinegar that unites sourness, sweetness and spiciness, all in one product. Whole chilli peppers are dipped in the vinegar for some days to extract their natural aromas and to give a twist of spiciness.

Tasting notes: Dark brown colour with red highlights, aromas of sun-dried grapes and a hint of green pepper. Sour taste combined to a balanced sweetness and spiciness, strong notes of ripe fruits, green pepper and chilli in the aftertaste.

Ingredients: Grape vinegar*, Concentrated grape juice*, Chillies*

*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Acidity: 5%

Shelf life: 36 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

Label Languages: English - Greek, English - USA
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Sweet Vinegar

with Apple



Variety: Roditis

Hand-picked and sorted, low-yield vineyard

Region: From the Mamouzia vineyards on the slopes of the wine region Egialia in northeast Peloponnese where the wine PDO Patras is produced.

Apple: Hand-picked apples of the famous Greek variety Firiki from the region of Pelion.

Information: The combination of our Sweet Vinegar to apples results to this well-balanced vinegar that unites sourness, sweetness and fruitiness, all in one product. Whole "Firiki" apples are dipped in the vinegar for some days to extract their natural aromas.

Tasting notes: Light yellow colour with green and rose highlights, aromas of thyme with notes of citrus. Strong sour taste with hints of thyme and lemon in the finish.

Ingredients: Grape vinegar*, Concentrated Grape Juice*, Apples*
*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Acidity: 5%

Shelf life: 36 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

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Sweet Vinegar

with Ginger



Variety: Roditis

Hand-picked and sorted, low-yield vineyard

Region: From the Mamouzia vineyards on the slopes of the wine region Egialia in northeast Peloponnese where the wine PDO Patras is produced.

Ginger: Whole organic Ginger roots.

Information: Ginger roots are sliced and mixed with concentrated grape juice to extract the natural aromas and are then combined with our white grape vinegar. The result is a well-balanced vinegar that unites sourness, sweetness, fruitiness and a hint of spiciness all in one product. With its fresh and slightly spicy note it gives an Asian touch to your dishes. Use to marinate fish, vegetables and in sweet and sour sauces

Tasting notes: Orange colour with red highlights, aromas of citrus fruits and sun-dried grapes. Sour taste combined to a balanced sweetness and a pleasant spiciness, clear notes of ginger in the aftertaste.

Ingredients: Grape vinegar*, Concentrated Grape Juice*, Ginger*
*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Acidity: 5%

Shelf life: 36 months

Bottle content: 250ml

Packaging: Glass bottle Dorica
6 bottles per carton

Label Languages: English - Greek, English - USA
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Extra Virgin Olive Oil

Early Harvest



Varieties: Megaritiki, Koroneiki

Hand-picked and sorted, mixed olive grove.

Both are well known Greek olive varieties used for olive oil production.

Region: We have two olive groves in Nemea. Both are located around our vineyards, the one in Koutsis and the other one in Katsena.

Information: We pick our olives early when only a few have already changed their color. The timing of the harvest can significantly affect the flavor, aroma, chemical composition and organoleptic characteristics. Studies suggest that early harvest olive oil have higher levels of antioxidants and polyphenols. The oil is then cold extracted with only mechanical means under low temperature to guarantee the highest quality.

Tasting notes: A golden green colour, aromas of freshly-cut grass, artichokes and almonds followed by a medium bitterness and spicy, peppery aftertaste.

Ingredients: Extra virgin olive oil*

*Product of organic farming

Free from: Vegan, Gluten Free, GMO Free

Acidity: 0.29% | **K232:** 1.88 | **K268:** 0.16 | **ΔK:** -0.00

Shelf life: 18 months

Bottle content: 250ml | 1.4 Lt. Bag | 2.7 Lt. Bag

Packaging: Glass bottle Dorica | Vacuum Bag
6 bottles per carton

Label Languages: English - Greek

Certification:

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