

NERD MODE • N03

Tannins, proteins, and astringency

HOST PURCHASE + PREP SHEET

Use this before class. Bottle examples are teaching targets, not endorsements or stock guarantees. Check the current label and producer information; substitute by style when necessary.

What to buy

- No wine required.
- Bring black tea and an optional protein comparison only if allergens are controlled.

Set up

- Brew tea at three strengths and cool completely.
- Disclose allergens; provide water.
- Print one worksheet per person.

Host checklist

☐	Purchase or select samples
☐	Code and chill / temper samples
☐	Print one worksheet per participant
☐	Set water, food, and spit cups
☐	Start the lesson before social refills

Reuse rule

If a later class reuses an opened bottle, keep it tightly closed and refrigerated and use it later the same day or the next day. Re-taste before class; replace any bottle that is clearly tired or oxidized.

Group format

A big-screen gathering works well: seat everyone where they can pause and write. Complete the structured lesson before people consume enough alcohol to blunt attention. Discussion follows private notes.

Buying note updated 29 August 2026