

SAVOR THIS™

Spring/Summer 2013 ✎ Volume 5 ✎ Issue 2 ✎ A publication of The American Institute of Wine & Food®

AIWF'S SAVOR THE MIDWEST WRAP-UP



Chapter Spotlight – Kansas City
Chef Gale Gand Brunch Recipes
From the Garden – Get Kids Growing
& Think Inside the Box
Travel & Adventure – South of the
Border Wine Country

SAVOR THIS™ Is a publication in association with The American Institute of Wine & Food® founded in 1981 by Julia Child, Robert Mondavi and Richard Graff, and others.

Editor

Amy J. Williams

Art Direction & Design

Aimee N. Youngs, Mesmerize Design

Contributing Writers/Images

John Blanchette, Freelance Writer

Joan Casanova, Bonnie Plants

Beth Bower, AIWF Wichita

Robin Everson, AIWF Dallas/Ft. Worth

Chef Gale Gand – AIWF Ambassador

Nancy Potter, AIWF Kansas City

Sonia Vaughn, AIWF Wichita

Amy Williams, AIWF National

The AIWF National Board

Frank Giaimo, Interim National Chair – NorCal

George Linn, Treasurer – NorCal

Daniel Richeal, Chapter Council Chair – South Florida

Robert Evans, Chapter Council Vice-Chair – Dayton

Beth Bower – Wichita

Kimberly Briggs – Monterey Bay

Mary Chamberlin – Monterey Bay

Ann Daw – New York

Jerry Dreher – Boston

Randy Eilering – Chicago

Michaeline Fedder – Baltimore

Tony Garcia – NorCal/New York

Riva Eichner Kahn, Days of Taste® Chair – Baltimore

Shannon Madison – NorCal

Deborah McKeever, Membership Chair – Dallas/Ft. Worth

Christine Panas – New York

AIWF Ambassadors

Michael Chiarello, Bottega – Napa/Food Network

Chef Michel Escoffier, Escoffier Foundation & Museum

Tyler Florence, Food Network Chef / Tyler Florence Shop

Gale Gand, Elawa Farm in Lake Forest, Illinois/James Beard

Award Winning Pastry Chef

Heidi Peterson-Barrett, Winemaker for Amuse Bouche, Paradigm, Revana,

Barbour, Lamborn, Fantesca, as well as her own label, La Sirena

Michel Richard, Citronelle, DC, James Beard Award Winner

Gail Simmons, Food & Wine Magazine/Top Chef Judge

Rick Tramonto, Tramonto Steak & Seafood, Osteria di Tramonto,

RT Sushi Bar & Lounge and Revolution in New Orleans

Roy Yamaguchi, Roy's Restaurants

The AIWF National Office

Amy J. Williams, Executive Director

Contents

- 1 Savor The Midwest AIWF Leadership Conference Wrap-Up
- 16 Recipes by Gale Gand
- 18 AIWF Events
- 19 AIWF New Members
- 20 AIWF Business Members
- 22 Chapter Spotlight: Kansas City
- 27 From the Garden: Get Kids Growing: Start with strawberries in a patch or pot
- 30 Travel & Adventure: South of the Border Wine Country



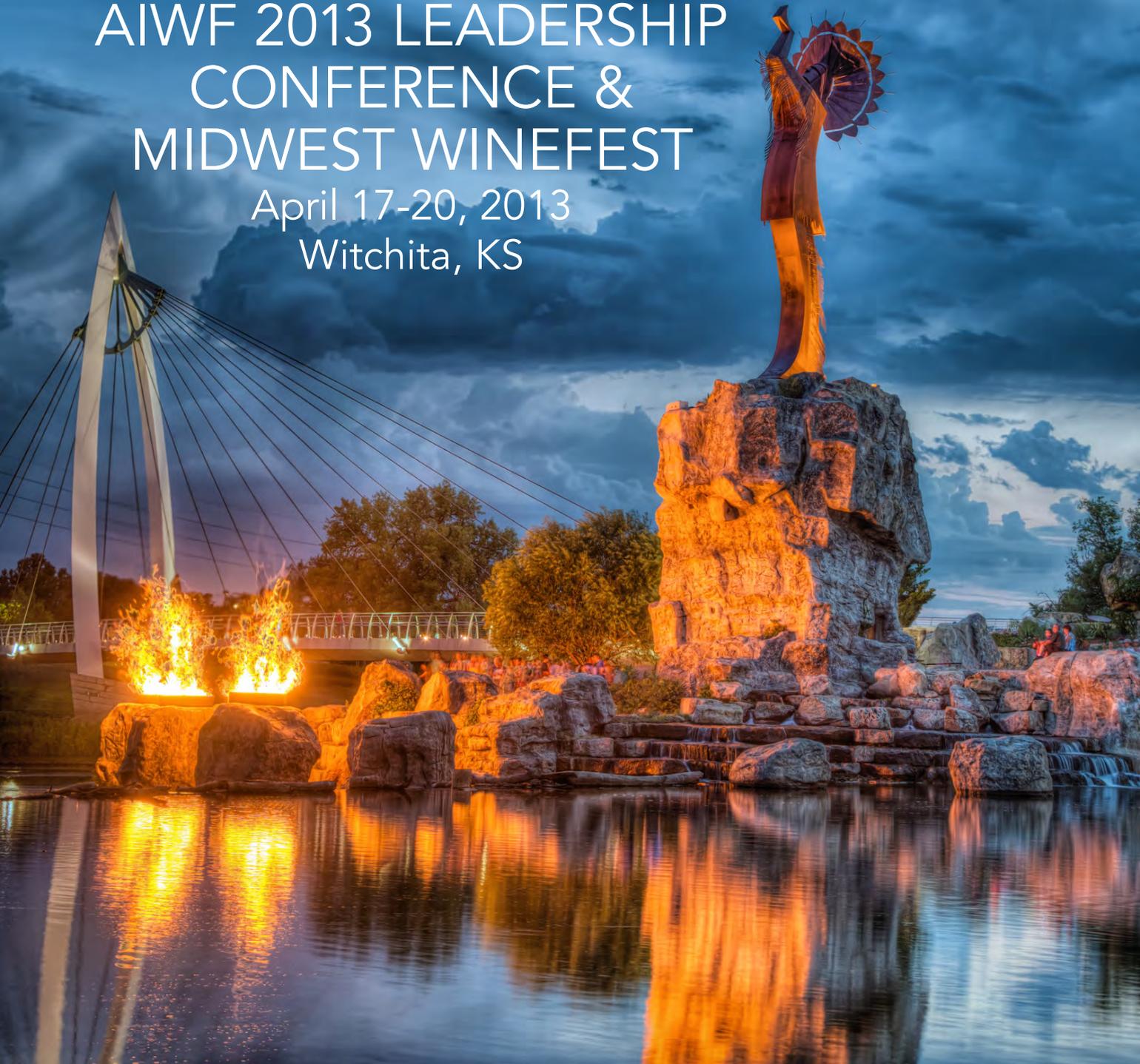
The AIWF National Office
(831) 250-7595 phone
(800) 274-2493 toll-free
(831) 250-7641 fax
members@aiwf.org
www.aiwf.org
26384 Carmel Rancho Lane, Suite 200E
Carmel, California 93923
© 2013 The American Institute of Wine & Food®
All rights reserved.



SAVOR THE MIDWEST

AIWF 2013 LEADERSHIP CONFERENCE & MIDWEST WINEFEST

April 17-20, 2013
Wichita, KS



This year's American Institute of Wine & Food national leadership conference was held in Wichita, Kansas. Why Wichita? As those of you who know, Wichita has a strong and very active chapter and it was a great place to hold this year's conference, as well as incredible hospitality, food and wine. Here is a recap of festivities and meetings:



“PUTTIN’ ON THE BEEF” – Opening reception at The Cargill Innovation Center



*Cargill Innovation Center Hosted
Opening Reception*



*Pork belly BLT arugula cream and tomato jam on sweet brioche
by Joseph Keller*



*Executive chef OJ Moore of YaYa's Eurobistro created a grilled
flatbread pizza with Gorgonzola, wild mushrooms and slow
braised beef cheeks topped with arugula salad*

The first event of the conference, aptly named “Puttin’ On The Beef” was an opening night reception and wine and food tasting held at Cargill Innovation Center. Wichita area chefs and out-of-town Chef Joseph Keller prepared and served some wonderful appetizers featuring two products Cargill is known for — beef and pork. Wine — donated by Trinchero Family Estates — was poured by Butler Community College culinary students preparing for their own careers in the food & beverage industry.

Food to drool over included Executive Chef Larry Walker of the Doubletree by Hilton Wichita Airport’s Korean BBQ Pork and Apple Wine Pork Tenderloin with Arugula and

Sweet Mustard on a Crostini and Ya Ya’s Eurobistro Executive Chef O.J. Moore’s Grilled Flatbread Pizza with Gorgonzola, Wild Mushrooms and Slow Braised Beef Cheeks topped with Arugula salad. Chef Jason Febres of Taste and See created a fabulous presentation featuring Flank Steak Chimichurri Skewers shooting out of pineapple and the Short Rib Soft Tacos with Queso Fresco and Pico by Chef Bobby Lane of Chester’s Chophouse & Wine Bar and Chef Joseph Keller’s Pork Belly “BLTs” were outstanding.

Entertainment by Trevor Stewart on the Chapman Stick, Riedel wine glasses, a raffle and mini live auction served to get us pumped and primed for the rest of the week’s events.

continued...



Photo credit Robin Everson

Short rib soft tacos, queso fresco and pico by Chef Bobby Lane of Chester's Chophouse & Wine Bar



Photo credit Sonia Vaughn

Chef Jason Fabres of Taste and See with Guy Bower, AIWF Wichita Chapter Co-Founder and Host of the Good Life Radio talkshow on KNSS 1330AM



Photo credit Sonia Vaughn

Chef Larry Walker of the Doubletree by Hilton Wichita airport created the Korean BBQ pork and the apple wine pork tenderloin with arugula, sweet mustard on a crostini



Photo credit Sonia Vaughn

Chad Schafer of Cargill with AIWF Wichita Chapter Peggy DiStefano

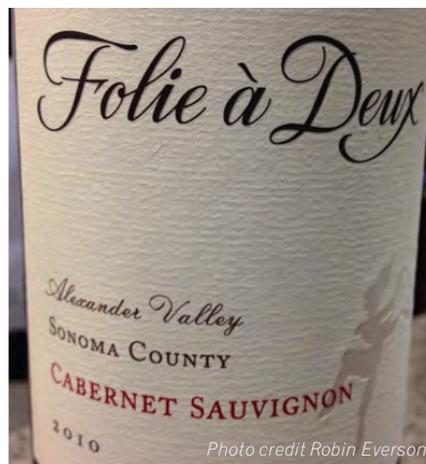


Photo credit Robin Everson

Folie a Deux, Alexander Valley, Sonoma County, 2010 Cabernet Sauvignon is what was poured – Cargill Innovation Center



Photo credit Sonia Vaughn

Raffle & Live Auction benefiting The AIWF Organization



Photo credit Robin Everson

Executive chef OJ Moore of YaYa's Eurobristro



Photo credit Sonia Vaughn

AIWF Kansas City Chapter Chair Nancy Potter, Chapter Council Chair & AIWF South Florida Chapter Chair Daniel Richeal & AIWF Wichita Immediate Past Chair & Chapter Relations Committee Beth Bower



Photo credit Robin Everson

Chef Bobby Lane of Chester's Chophouse & Wine Bar



Photo credit Sonia Vaughn

AIWF LEADERSHIP CONFERENCE

Conference meetings began in earnest Thursday morning with Sierra Scott, Kansas TV host (KSCW), veteran news anchor and reporter as the facilitator. During this important conference, National board members and chapter leaders come together annually to strategize the future of AIWF and what additions and changes would be needed to grow as a continuing, viable national organization.

Lunch on Thursday was the perfect break between meetings. Executive Chef Paul Freimuth of the Hyatt Regency Wichita created a lunch that I am still raving about. It included a lemon, rice and ham soup, a mixed field greens salad topped with grilled shrimp, tarragon and smoked paprika deviled eggs with lemon Dijon vinaigrette dressing. For dessert we had a delightful zucchini, pistachio and pecan cake with cream cheese frosting.

Because I am a vegan, Chef Paul created a special menu for me with included a chunky vegetable soup, salad of mixed greens with asparagus, carrots, sprouts, grilled peppers, corn shoots, cucumbers, tomatoes, plantains and lemon Dijon vinaigrette. For dessert he pulled out his liquid nitrogen tank and created a non-dairy chocolate, banana and peanut butter ice cream made with almond milk. Yes, I shared it with anybody who wanted to try it. Lunch was excellent.

We also had some additional wines with thanks to Daniel Richeal from the Florida chapter. Richeal was kind enough to let us share the wines from won with his winning auction bid at the Opening Reception's live auction. The wines were a collection of outstanding from Wichitan Rob Bennett's cellar.

After lunch, we adjourned to the meeting room to continue our work. The mid-afternoon snack consisted of Kansas artisan cheeses and crackers as well as fresh pineapple and strawberries.



Photo credit Sonia Vaughn

Lunch includes wine donated by Guy Bower, Host of The Good Life radio talkshow on KNSS 1330AM and Emcee for the luncheon.



Photo credit Sonia Vaughn

AIWF San Diego Board Chapter Chair Susan Buxbaum and Chapter Immediate Past Chair Vickie Mogilner



Photo credit Robin Everson

AIWF Monterey Bay Chapter Chair & National Board Member, Mary Chamberlin



Photo credit Sonia Vaughn

AIWF Interim National Chair, Frank Giaimo



Photo credit Sonia Vaughn

Sierra Scott, Kansas TV host (KSCW), veteran news anchor and reporter as the facilitator



Photo credit Sonia Vaughn

AIWF Kansas City Board Members Kathy Pelz and Chapter Chair Nancy Potter with Deborah McKeever, AIWF National Membership Committee Chair



Photo credit Robin Everson

AIWF Leadership Strategy Meetings – The New AIWF



Photo credit Sonia Vaughn

Executive Chef Paul Freimuth of the Hyatt Regency Wichita, with AIWF Wichita Chapter Immediate Past Chair & Chapter Relations Committee Beth Bower



Photo credit Robin Everson



Photo credit Robin Everson

MIDWEST WINEFEST WALKABOUT – Old Town

With a short break to get coats and scarves — the night was a bit dreary — it was time for the 18th Midwest Winefest Old Town Walkabout. The event spanned the Old Town area of Wichita and offered 17 venues serving two or more wines at each and food paired to complement the wines. I did manage to stop at every venue and it was well worth the effort.

The first stop was at Beyond Napa, a wonderful little wine shop in Old Town. It is next to Rock Island Studios, which had, in my opinion, the most unique food bites and they were vegan. French green lentil pâté with rosemary and Basil and sun-dried tomato red lentil tapenade with Kalamata olives were served on crostinis and they were made by The Anchor, a bar and restaurant outside of the Old Town area.

At Oeno Wine Bar, the tomato rose with black olive leaves topped a platter of tomato basil hummus that paired well with the St. Francis White Splash wine.

Another great food and wine pairing was the Antipasti skewers by Corporate Caterers at the Marriott Courtyard in Old Town with the Tic Tok Sauvignon Blanc.

One of my favorite wines of the evening — Leonard Kreusch PM Riesling Kabinett — was served at the Hana Café. It went extremely well with the Vegan Vegetable dumpling and the Shrimp tempura maki.

Other tasty treats I was glad it didn't let the increasing wind keep me from trying were the pile high Pulled pork mini sandwiches and hotlink bites at Museum of World Treasures in the heart of Old Town and the visually appealing Ahi tuna nachos and roasted red pepper hummus by Mike's Wine Dive at Club Indigo.

In my opinion, Heroes Sports Bar & Grill served the best red wine of the Winefest Walkabout that paired the Geyser Peak Uncensored Red Spicy corn fritter balls.



Photo credit Robin Everson



Photo credit Robin Everson



Photo credit Robin Everson

AIWF WICHITA CHAPTER MEET & GREET



Photo credit Sonia Vaughn

After the Old Town Walkabout ended, the AIWF-Wichita chapter board hosted a meet and greet at Larkspur Bistro & Bar. The food was good featuring one of the restaurant's best appetizers — smoked salmon — and the company was great. The Wichita chapter really knows how to make people feel at home. They were the perfect hosts.

The next day we were back at work in meetings discussing the goals and future plans of the organization.



Photo credit Sonia Vaughn

AIWF Chapter Council Chair & South Florida Chapter Chair Daniel Richeal with Kansas City Chair Nancy Potter & San Diego Chapter Chair Susan Buxbaum

AIWF LUNCHEON WITH WINEMAKER JEFF MORGAN



Photo credit Sonia Vaughn

Jeff Morgan, gourmet food writer, cookbook author and wine writer, is a co-winemaker at Peter Paul Wines



Photo credit Sonia Vaughn

Jeff Morgan signing book for AIWF San Diego Chapter Treasurer, Diane Gotkin

Food writer, cookbook author and winemaker Jeff Morgan was our guest speaker at lunch. Morgan has led an interesting life. He started in France playing music and eventually decided he liked food and wine more. From there he went on to write for some major wine publications and has written more than 8 books including one of his newest: "Simply Fresh" featuring favorite recipes from Ruby Tuesday restaurants made for the home cook. Currently, he is co-winemaker at Peter Paul Wines with Daniel Moore and produces wine under the Coventry label.

Once again, Chef Paul outdid himself with a lunch of Asparagus soup braised pork sirloin with savory oatmeal and Fiddlehead ferns with tomatoes. The soup was served with the Peter Paul Chardonnay and the entree with the Peter Paul Pinot Noir. Both paired extremely well with the food. For dessert, he served a Blueberry trifle with olive oil cake.

continued...

Chef Paul even accommodated those who preferred a vegan meal with a non-dairy variation of asparagus soup. Vegan entree consisted of White bean stew, cauliflower, asparagus, tomatoes, grilled eggplant, roasted red pepper and Fiddlehead ferns. This was serious comfort food for a chilly day. My dessert was non-dairy Trifle with non-dairy lemon mousse, fresh blueberries and a non-dairy chocolate, pecan, gluten-free cookie which was good!

At the end of the lunch, Chef Paul talked a bit about his kitchen and how he likes to showcase not only the best and freshest ingredients available but also uses local, sustainable products to create his meals.

After lunch, conference members met in small, directed groups focusing on specific topics that will help drive AIWF toward future goals. I see good things on the horizon for AIWF.



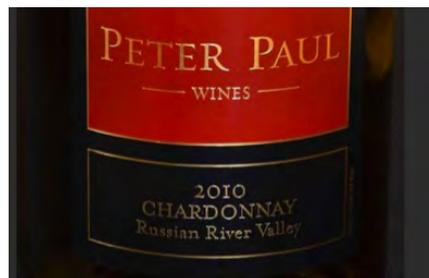
AIWF Wichita Chapter Chair, Greg Rowe with Jeff Morgan



AIWF Dayton Board Member & National Finance Committee Mark Wilson, AIWF Dayton Membership Chair Jeanne Evans and AIWF Interim National Chair & NorCal Chapter Chair Frank Giaimo



Chef Paul's Asparagus Soup



Lunch Served with Peter Paul wines pairings from California's Russian River Valley

AIWF WINE DINNERS

The AIWF Wichita Chapter hosted two wine dinners Friday evening

PETER PAUL WINE DINNER at The Historical Eaton Hotel where guests enjoyed a five-course dinner paired with wines including Champagne by Lallier, Peter Paul Wines Russian River Valley Chardonnay, Peter Paul Wines Mill Station Pinot Noir, Peter Paul Wines RRV Cabernet Sauvignon and Covenant Red C Cabernet Sauvignon.



Reception featuring Peter Paul Champagne



Reception featuring Peter Paul Champagne



AIWF Wichita Chapter Board Member Sandra Fox



Reception featuring Peter Paul Champagne



Reception featuring Peter Paul Champagne



AIWF Wichita Chapter Guy Bower, Elizabeth Sauer and Beth Bower



THE ROMBAUER AND FRIENDS DINNER with Celebrity Host Todd Izzo, Standard Beverage Corp., held at The Wichita Country club. Executive Chef Damian Lehman prepared a five-course dinner with wines including Cakebread Cellars Sauvignon Blanc, Rombauer Vineyards, Carneros Chardonnay, Rombauer Vineyards Merlot, Rombauer Vineyards Napa Valley Cabernet Sauvignon, and Silverado Vineyards Napa Valley Cabernet Sauvignon.

tini with tomatoes, red onions and cilantro for the mid-afternoon Kansas wines winetasting event.



Celebrity Host Todd Izzo, Standard Beverage Corp.

continued...



Wichita Country Club Chef Damian Lehman



Photo credit Robin Everson

Table is set. Wine is poured and ready – AIWF/Midwest Winefest Rombauer Dinner

Finally finished with the meetings, it's time for Rombauer Vineyards & Friends Winemaker Dinner. The reception was shrimp purses served with Cakebread Cellars Sauvignon Blanc. Cakebread makes everything better.

Proceeds from the wine dinners will go towards The Guadalupe Health Foundation, the beneficiary of the Midwest Winefest. No matter which dinner you attended, you were greeted warmly and treated like one of the Wichita wine family.

Saturday had some time built in for exploration including lunch on our own. At the hotel, I enjoyed a salad of Heirloom tomatoes, avocado, red onion, red pepper, cilantro sprigs and carrots with a cumin vinaigrette; a scrumptious "Harvest" entree of Heirloom carrots, kohlrabi, roasted red pepper, artichokes, caramelized onion, zucchini, asparagus, tomatoes, lentils, fresh herbs, micro basil, vegetable stock and lemon juice. Dessert was a super fresh (as in made a few minutes of me ordering it), banana ice cream (bananas, soy milk and liquid nitrogen). It was simply superb!



KANSAS WINE SAMPLING



Photo credit: Sonia Vaughn



Photo credit: Robin Everson

Crostini with tomatoes, red onions and cilantro for the mid-afternoon Kansas wines winetasting event.

Later in the afternoon, the Wichita Chapter hosted a Kansas and Missouri wine tasting event with appetizers created by Chef Paul. This was a great way to be introduced to regional wines that you may not be able to find back home. Guy Bower, the host of "The Good Life" radio talkshow on KNSS 1330AM worked as house sommelier touting the best of Grace Hill Winery and Somerset Ridge Vineyards and Winery of Kansas and St. James Winery of Missouri. Wyldewood Cellars winemaker John Brewer was also on hand to taste and talk about his Kansas-made wines and I was pleasantly surprised at their semi-sweet white wine.



Photo credit: Robin Everson

Wyldewood Cellars Marquis is a surprisingly good semi-sweet white wine made in Kansas

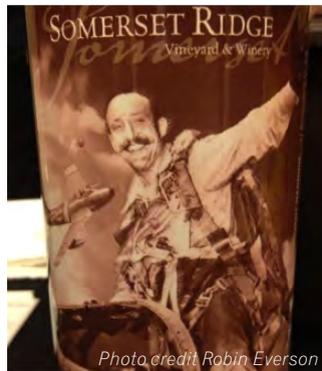


Photo credit: Robin Everson

Somerset Ridge Vineyards makes Flyboy Red; a dry red table wine that is very good



Photo credit: Robin Everson

Chloe's Cuvée is a semi sweet Kansas white wine. It is very good

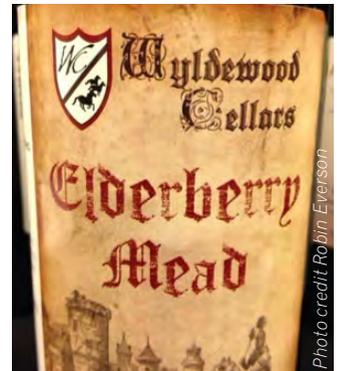


Photo credit: Robin Everson

Elderberry Mead by Wyldewood Cellars is a very sweet red wine that uses honey instead of sugar to sweeten it. It is excellent for cooking.



Photo credit: Robin Everson



Photo credit: Sonia Vaughn

AIWF Wichita Chapter Board Member Elizabeth Sauer, Wichita Hyatt Executive Chef Paul Freimuth, AIWF Wichita Chapter Chair Greg Rowe, Board members Beth Bower and Janne Rowe.



Photo credit: Robin Everson

Tuna cups with julienned vegetable slaw were served for the Kansas Wines winetasting event.

MIDWEST WINEFEST GRAND TASTING



This is what was being poured. Remy Martin XO Excellence. Tasting notes: subtle aromas of jasmine, iris, juicy plums, ripe figs, candied oranges, fresh grated cinnamon and hazelnuts can be detected on the nose and palate.

Remy Martin 1738 Accord Royal tasting notes Rare and intense aromas combined with dense and vibrant textures in a perfect and very distinct cognac. A harmonious balance of chocolate, cinnamon, ginger, oak, candied oranges and lily. This is seriously intense.

The culmination of the week started at 6 p.m. with the 18th Midwest Winefest Grand Tasting and Silent and Live Auctions. It was the gala event of the weekend and it seemed like the entire state showed up!

Held at the Century II Convention Center Exhibition Hall, there were more than 300 wines to taste, food from local chefs serving some of their restaurant's best-loved bites and more silent and live auction package than you could count. Restaurants and catering facilities in attendance included: Ciao Italian Kitchen, Mike's Wine Dive, Granite City Food &

Brewery, Redrock Canyon, Treat America Dining, The Chocolate Fountain, The Marriott Wichita and so many more. Great selections of cheeses were available to taste from Dillon's Markets Cheese Department and Cabot Creamery Cheese.

The Reserve Room, an additional cost, featured premium wines and spirits including Piper Heidsieck Brut, Remy Martin XO, Remy Martin 1738 Accord Royal and mouth-watering Kansas City beef provided by the Lakeside Club.

Father Bernard Gorges aka Father Bernie was the Live Auction auctioneer. There were some wonderful items up

for auction including a California Wine Country Getaway with wine tastings from several Sonoma Valley wineries, lodging and travel expenses; the 9th Anniversary of the First Gold Coin that was anonymously donated; a basketball signed by the Wichita State University "Shocker" basketball team donated by Coach Gregg Marshall and the most precious item of all, an eight-week-old yellow Labrador puppy. The highest bidder got the puppy, shots and veterinary care for a year.

As the week ended and we all headed back to our respected chapters, we look back and know we accomplished a lot with our strategy meetings and had a lot of fun times and great food and wine in Wichita. In the days ahead, The AIWF has some good leadership willing to take on various rolls to head committees as we put new things into action and encourage full participation amongst all of our leadership across the country.

A special thank you to The AIWF Wichita Chapter for hosting this meeting and coordinating some amazing events – you all are awesome and we look forward to coming back again! ❀



Photo credit Robin Everson

Executive Chef Benjamin George of Treat America Dining serves a smoked catfish cake with roasted poblano cream sauce.



Photo credit Robin Everson

Chicken lettuce wrap with sweet Thai chili sauce from Mike's Wine Dive



Photo credit Amy Williams



Photo credit Sonia Vaughn



Photo credit Sonia Vaughn

Midwest WineFest Silent Auction



Photo credit Sonia Vaughn

AIWF Wichita Chapter Table at Midwest Winefest Grand Tasting



Photo credit Sonia Vaughn

An eight-week-old yellow Labrador puppy. The highest bidder got the puppy, shots and veterinary care for a year.



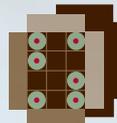
Photo credit Robin Everson

Live Auction had over Amazing 54 Lots



Savor The Midwest Wrap-up by Robin Everson
AIWF Dallas/Ft. Worth Chapter Program Chair

THE AIWF WOULD LIKE TO THANK THE FOLLOWING CONFERENCE & EVENT SPONSORS, DONORS & IN KIND PARTICIPANTS:



STANDARD BEVERAGE CORPORATION

a distributor of quality spirits, wine, & beer



Above and Beyond Travel
Butler Community College
Chester's Chophouse
Cocoa Dolce
Sandy & Bill Fox
The Good Life with Guy
Bower, KNSS 1330AM

Gowichita
Hyatt Regency Wichita
Panera Bread
Regent Park
It's All Good with
Sierra Scott

The Spice Merchant
& Company
Sweetly Scrumptious
Alissa Unruh
J.P Weigand
Jackie Smith,
Zest for Cooking

CHAPTER LEADER INDIVIDUAL CONFERENCE DONATIONS/ CONTRIBUTIONS

Riva Eichner Kahn - Baltimore
Jerry Dreher - Boston
Mary Manjourides - Boston
Robin Everson - Dallas/Ft. Worth
Rod Hays - Dallas/Ft. Worth
Deborah McKeever - Dallas/Ft. Worth
Robert & Jeanne Evans - Dayton
Mark & Kathleen Wilson - Dayton
Celia Strong - Hilton Head
Kathy Pelz - Kansas City
Nancy Potter - Kansas City
Mary Chamberlin - Monterey Bay
Frank Giaimo - NorCal

George Linn - NorCal
Susan Buxbaum - San Diego
Diane Gotkin - San Diego
Vickie Mogilner - San Diego
Daniel Richeal - South Florida
Elizabeth Bower - Wichita
Bill & Sandra Fox - Wichita
Josh Greenwood - Wichita
Barbara Hansen - Wichita
Greg Rowe - Wichita
Elizabeth Sauer - Wichita
Sonia Vaughn - Wichita

PARTICIPATING CHEFS

Executive Chef Bobby Lane,
Chester's Chophouse
Executive Chef Jason Febres,
Taste and See
Executive Chef Paul Freimuth,
Hyatt Regency Wichita
Executive Chef Joseph Keller and
Executive Chef Chad Schafer,
Cargill
Executive Chef O.J. Moore,
YaYa's Eurobistro
Executive Chef Larry Walker,
DoubleTree

LIKE US ON FACEBOOK!



ENTER TO WIN A \$50
WILLIAMS SONOMA GIFT CERTIFICATE
by JUNE 30, 2013



To Enter:

1. Go To [Facebook.com/aiwfnational](https://www.facebook.com/aiwfnational) and "LIKE" page &
2. Give us your best "Cooking Tip"

All names included in "Likes" or submitted "Cooking Tips" between the dates of June 1 until June 30, 2013 will go into a random drawing. Winners will be notified through a Facebook message on or before June 30, 2013.





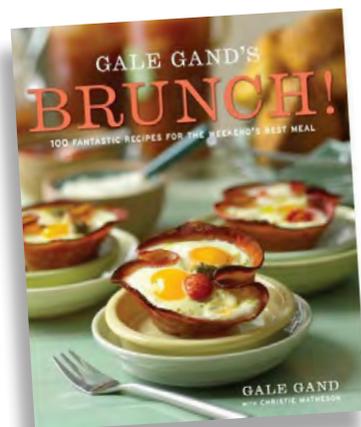
Photo: Ben Fink



Photo: John Reilly
Photography

Recipes from
Gale Gand AIWF
Ambassador
and James Beard
Award Winning
Pastry Chef

To purchase an
autographed copy
of AIWF Amba-
sador Gale Gand's
Brunch, contact
Gale directly by
clicking [HERE](#)



Crispy Zucchini Rounds with Roasted Tomatoes and Goat Cheese

These are easy to throw together once you have the tomatoes roasted and that part can be prepped the day before. I like having these tomatoes on hand to toss into pasta, serve with cheese or slap on a Panini. Herbes de Provence is a mixture of dried herbs commonly used in the south of France and usually contains basil, fennel seed, lavender, marjoram, rosemary, sage, summer savory and thyme.

Serves 8 – 10

Oven-roasted tomatoes:

6 plum tomatoes
1 /4 cup extra-virgin olive oil

2 teaspoons Herbes de Provence
1/2 teaspoon coarse salt
1/4 teaspoon freshly ground
black pepper
2 medium zucchini
1 six ounce log goat cheese
2 tablespoons chopped chives

To roast the tomatoes, preheat the oven to 325°F.

Cut the tomatoes in half lengthwise and then cut those in half so they are triangular shaped. Lay them on a baking sheet, drizzle with olive oil and sprinkle with Herbes de Provence, salt and pepper.

Roast in the oven or about 2 hours or until somewhat dry. Check occasionally

to make sure the edges aren't getting too brown. When done, the edges will look lightly toasty and the tomatoes dried and wrinkled. Use immediately or store in an airtight container and refrigerate for up to 2 days. Let the tomatoes come to room temperature before serving.

Slice the zucchini into 1/4 inch coins and lay them out on a platter. You should have about 24 slices. Sprinkle them with a little salt and pepper. Place one piece of roasted tomato on each zucchini slice then top with a knob of goat cheese. Sprinkle with chopped chives and serve.



Photo: Gale Gand

Makes 6 individual crostatas or one large

For the Crostata Dough:

- 2 cups all-purpose flour
- 1/2 cup sugar
- 1/2 teaspoon salt
- 2 sticks butter, cubed
- 1 egg
- 1 yolk
- 1 egg plus 1 teaspoon water

Place flour, sugar, salt, and butter in a mixing bowl fitted with a paddle attachment. Using a paddle attachment mix on low until mixture becomes sandy

Raspberry Rhubarb Crostata

looking. Whisk together the egg and egg yolk. Pour the egg mixture into the mixing bowl and mix just until combined. Remove the dough from bowl and form into a flattened circle. Wrap in plastic and refrigerate at least one hour. In a small bowl combine the egg and water to make an egg wash and chill.

For the Raspberry Rhubarb Filling:

- 2 cups rhubarb, diced
- 1 cup sugar
- 4 cups rhubarb, diced
- 1 cup raspberries
- 1 Tablespoon cornstarch

Heat a large sauce pan over medium to high heat. Toss first 2 cups of rhubarb with sugar and put into sauce pan. Allow to cook until sugar dissolves and rhubarb begins to soften and

break down. Add remaining 4 cups of rhubarb and cook an additional 2 minutes. Take off heat and pour onto a sheet pan to cool. Sprinkle the raspberries over the cooled rhubarb and fold in slightly.

Remove dough from refrigerator and allow to soften approximately 15 minutes before rolling. Roll dough into a large disk 1/4" thick. Cut out 6 inch disks for individual tarts or leave on large disk for one big crostata. Egg wash outer edges of dough circle. Place the rhubarb filling in the center of each dough circle. Plete the edges of dough circle to form a rim. Egg wash the edge and chill 15 minutes.

Bake at 400F 20-25 minutes. The filling should be bubbly and crust should look golden brown throughout. Serve warm with ice cream if desired.



Photo: Jess Dawson

Vanilla Buttermilk Panna Cotta with Strawberry Mash

Makes 2 quarts

- 1 1/2 cups heavy cream
- 2 cups buttermilk
- 10 tablespoons sugar
- 1/2 vanilla bean, split
- 2 teaspoons gelatin
- 4 teaspoons cold water
- 1 pint strawberries
- 2 tablespoons sugar

In a saucepan heat the cream, sugar, and vanilla bean together till boiling. Meanwhile sponge the gelatin by slowly sprinkling it over cold water and let sit till all the moisture is absorbed. Stir the softened gelatin into the hot

liquid and mix well then stir in the buttermilk. Pour into containers and chill. To make the strawberry mash, take a potato masher and smash the strawberries with the 2 tablespoons of sugar. Keep chilled. To serve spread strawberry mash over the top surface of the panna cotta.

Do Aheads – The whole recipe

You'll Need:

- Saucepan,
- 8 dessert cups,
- potato masher ❖

Your AIWF membership allows you to attend events nationwide!

Founding Members

Julia Child
Richard H. Graff
Robert Mondavi

Chapters

Baltimore, MD
Boston, MA
Dallas/Ft. Worth, TX
Dayton, OH
Hilton Head, SC
Kansas City, KS
Milwaukee, WI
Monterey Bay, CA
New York
Northern California
Orange County, CA
Pacific Northwest, WA
San Diego, CA
Santa Barbara, CA
South Florida, FL
Vermont
Washington, DC
Wichita, KS

MAY 2013

- | | | | |
|----|--|----|--|
| 28 | Riedel Tasting - New Glasses!
<i>AIWF Wichita (KS)</i> | 23 | New Members Perfect Pairing
<i>AIWF Dayton (OH)</i> |
| 29 | 101 Classic Cook Books
<i>AIWF New York (NY)</i> | 27 | Pinot Days/AIWF/One Market Restaurant Winemakers Dinner
<i>AIWF NorCal (CA)</i> |
| 30 | Food Politics: The Politics of Food, 10 Years Later
<i>AIWF New York (NY)</i> | 29 | Everything's Coming Up Rose'
<i>AIWF Monterey Bay (CA)</i> |
| 31 | Wine Tasting
<i>AIWF Dallas/Ft. Worth (TX)</i> | | |

JUNE 2013

- 2 Rosemary's Garden Day's of Taste Fund Raiser
AIWF Dayton (OH)
- 4 Dine Around Coco's Bistro
AIWF Dayton (OH)
- 9 Copper River Salmon Winemaker Dinner
AIWF Pacific Northwest (WA)
- 8th Annual Crab Cake Competition
AIWF Washington (DC)
- 17 Dinner at Tryst in Arlington
AIWF Boston (MA)
- 18 Village Vino Elyse Vineyards Wine Tasting
AIWF San Diego (CA)
- Restaurant Crawl!
AIWF Wichita (KS)
- Shully's Catering
AIWF Milwaukee (WI)
- 22 A Day at the Races
AIWF Dallas/Ft. Worth (TX)

JULY 2013

- 9 Films in the Forrest
AIWF Monterey Bay (CA)
- 13 Buckeye Vodka Education
AIWF Dayton (OH)
- 14 Garden Party – Members Only
AIWF Milwaukee (WI)
- 21 Cooking Class
AIWF Dayton (OH)

AUGUST 2013

- 2 Luncheon
AIWF Dayton (OH)
- 6 Dine Around TBD
AIWF Dayton (OH)
- 11 Summer Party – Private Home in Fairbanks Ranch
AIWF San Diego (CA)

Event Calendar always updating. For more information on chapter events, please click "Local Chapters" at www.aiwf.org.

AIWF New Members

February 2013 – April 2013

BOSTON

Marilyn Horan Kiley
Lucretia Slaughter

DALLAS/FT. WORTH

Rachel Doyle
Diana P. Cunningham
Phyllis Hunt
Scott Haire
Jo Carol Phillips
Sandy Cohen

DAYTON

Hugh & Katherine Thornburg

KANSAS CITY

John & Sandra Hornbeck

MILWAUKEE CHAPTER

Scott & Susan Carter
Jeanine Brennan

MONTEREY BAY

Allen & Jill Tiongo
Michelle Nishanian
Brad Zielinski
Sam Harrison

NORCAL

Daniel Feder – Wine Luxury
Kay Cadei Newby - Boisset
Wine Living at Home
John Fruin – Wine Luxury

NEW YORK

Erin Pepper – BR Guest
Hospitality
Marc & Michelle Effron
Caroline Stuart

ORANGE COUNTY

Jennifer Dawn Cantarella

PACIFIC NORTHWEST

Diane Phillips

SANTA BARBARA

Don Fulton –
CIA at Greystone
Tama Takahashi –
Tour & Tasting

SAN DIEGO

Wendy Evans
Lauren Baker
Marisela Cervantes
Sarah Colton
Nolan Cooper
Erica Llanos
Marcylyn Newsome
Jason Rivas
Magdalena Velasquez
Carol Vo
Kyle Zimmermaker
Stacy Cabrera
Susan Thrasher
Ira Gourvitz –
Fallbrook Winery
Jeff Landolt –
Fallbrook Winery
Sal Ercolano -
Villa Capri Ristorante
Wendy Bazilain

SOUTH FLORIDA

Robert Goldman

WASHINGTON DC

Marjorie Meeks-Bradley
Ann Wilkes

Become a
Member of the
AIWF Today!



Join AIWF

Sharon Shepard
Elizabeth Gildner
Jackie Ludden
Jamie Walter
Scott Buchholz

WICHITA
Wade Davis
Jan Coats
Dan & Alissa Unruh

AIWF would like to thank the following sponsor/partners and industry contributors. Their dedication to the success of our mission is valuable and we appreciate their continued commitment to AIWF and its public education about food and drink.

Click the name to view business member website.

AIWF National Partners:



AIWF Chapter Business Partners:

Chapter Partner Level

Company	Chapter		
Go Girl Travel	Dallas/Ft. Worth	The Chiselled Grape Winery, LLC	Milwaukee
Renee Kelly's LLC	KC	Ag Venture Tours	Monterey Bay
Borax Paper Products, Inc.	New York	Andre's Bouchee	Monterey Bay
Famiglia DeBartolo LLC	New York	Auberge, LLC	Monterey Bay
Finger Lakes Wine Country	New York	Auguste Escoffier School of Culinary Arts	Monterey Bay
International Culinary Center, LLC	New York	Basil Seasonal Dining LLC	Monterey Bay
Charles Krug Winery	NorCal	Bernardus Winery	Monterey Bay
Viader Vineyards and Winery	NorCal	Big Sur Food and Wine Festival	Monterey Bay
Brandt Beef	San Diego	Cima Collina Winery, LLC	Monterey Bay
		Fattoria Muia	Monterey Bay
		Grasings	Monterey Bay
		Il Fornaio Restaurant	Monterey Bay
		Kitchen Moments	Monterey Bay
		Millennium Travel	Monterey Bay
		Pepe International	Monterey Bay
		ProFormance Group	Monterey Bay
		Pure Water Bottling	Monterey Bay
		Viader Vineyards and Winery	NorCal
		Wine Luxury	NorCal
		Alloro Restaurant & Bar	New York
		BR Guest Hospitality	New York
		Cornerstone Communication Ltd.	New York
		DeBragga & Spittler Inc.	New York
		Great Performances	New York
		Rick Ellis Food	New York

Business Partner Level

Company	Chapter		
TastySites.com	Atlanta		
Herrington on the Bay	Baltimore		
Laurrapin Grille	Baltimore		
Mr. Rain's Fun House	Baltimore		
Tasting Bars, LLC	Baltimore		
Be Our Guest Inc.	Boston		
Joliet Junior College	Chicago		
Marriott Naperville	Chicago		
Saybrook Point Inn	Connecticut		
B Feld & Co. LLC	Dayton		
Milwaukee Public Market	Milwaukee		

Sur La Table	Pacific NW
Addison Restaurant at The Grand Del Mar	San Diego
Clayton Cruise & Vacation Specialist	San Diego
Evans Hotels	San Diego
Fallbrook Winery	San Diego
Hilton Carlsbad Oceanfront Resort and Spa	San Diego
Loews Coronado Bay Resort	San Diego
MARKET Restaurant & Bar	San Diego
ROMESCO Baja Med Bistro	San Diego
San Diego Marriott Hotel & Marina	San Diego
San Diego Restaurant Management	San Diego
Sika Wines / Forgotten Barrel	San Diego
Villa Capri Ristorante	San Diego
The Palms Hotel	South Florida
Wine Matters	Washington DC
Glazers of Kansas	Wichita
Jackie's Zest for Cooking	Wichita
The Kitchen Place, Inc.	Wichita

David Lockhart	New York
Laura Maioglio, Barbetta Restaurant	New York
New York Public Library	New York
Bill Spinner, The Pierre Hotel	New York
Bruce McCann, Int'l Culinary Center	NorCal
John A. McQuown	NorCal
Jim Pedroncelli, J. Pedroncelli Winery	NorCal
Elizabeth H. Shattuck	NorCal
Kay Cadei Newby	NorCal
Ronald Q. Tom	NorCal
Bridget Cheslock	San Diego
Sal Ercolano, Villa Capri Ristorante	San Diego
Andrew M. Harris, Harris & Associates	San Diego
Marian Meyers	San Diego
Don Fulton – CIA Greystone	Santa Barbara
Juliana Middleton	Santa Barbara
Tama Takahashi, Tour & Tasting	Santa Barbara
John Askew, The Peabody Orlando	South Florida
Mark Certonio, Key West Food & Wine Festival	South Florida
Henry Bronson, Bistro Henry	Vermont
Linda Fondulas, Newhall Farm	Vermont
G. William Butcher, III, Port City Brewing Company	Washington DC
Dr. Stanley A. Feder	Washington DC
Carolyn J. Margolis, National Museum of Natural History	Washington DC
Darwina L. Neal	Washington DC
David Bennett, Cynosure	Wichita

Individual Industry Contributors

Company	Chapter
Sean Arnold	Baltimore
Charles C. Franklin, Franklin Cellars	Baltimore
Mitchell S. Platt, CCM, Woodholme Country Club	Baltimore
Chef Derrick Purcell, Aramark	Baltimore
Chef Bryan Sullivan, Hillendale Country Club	Baltimore
Lisa Rigney, M&P Food Communications, Inc.	Chicago
Barbara Buzzell, The Buzzell Company	Dallas/Ft. Worth
Trish Lobenfeld, Trish Lobenfeld, LLC	Member-at-Large
Nancy B. Mott, Cook's Corner, Inc.	Member-at-Large
Patrick Willis, MARC Restaurants	Member-at-Large
Joseph G. Bartolotta, Bartolotta Restaurant Group	Milwaukee
Joseph Ortiz, Gayle's Bakery & Rosticceria	Monterey Bay
Guido Bandinelli, Travels In Tuscany	New York
Thomas Gellert, De Medici Imports	New York
Jed Gidaly, Stamford Marriott	New York
Andre R. Jaglom, Tannenbaum, Helpern, Syracuse	New York
Barbara P. Kafka	New York

CLICK HERE for more information about AIWF and becoming a local Chapter or The National organization partner or contact (800) 274-2493

Chapter Spotlight – Kansas City



Guests enjoying tasting cheese and paired wines in 'the cave' at The Better Cheddar on the Country Club Plaza in Kansas City

What's happening in Kansas City? Well, it has been a slow start for our growers this year – asparagus would normally have been ready mid-April – not this year! Snow in May!

We don't even have radishes yet. The good news is that delicious and delicate morel mushrooms have been popping up! Just shows that things are always interesting in KC, and sometimes challenging as well. The same can be said for the Kansas City Chapter of The AIWF. We are in our 22nd year – we continue our core emphasis on education with funds set for Days of Taste and Scholarship at current levels. However, we

have had a slow down lately in getting fun and informative programs going for our members and friends. We know we can do more. And we must. We recognize that it is time to revitalize and challenge ourselves to GROW in all areas.

Grow our Days of Taste® program.

In 2012, we produced the program at two elementary schools – one of which was a new school in Downtown KC,



Guests enjoying tasting cheese and paired wines in 'the cave' at The Better Cheddar on the Country Club Plaza in Kansas City



(l. to r.) are AIWF-KC Chair Nancy Potter, Ian Denney, GKCCA Chairman Mark Webster and JGCC Hospitality Management professor, Felix Sturmer



Broadmoor Technical Culinary Students



Broadmoor Technical Culinary Students



Volunteer Chefs included friends of AIWF-KC (2,3,4 from l) Ted Habiger-Room 39, Jasper Mirabile Jr – Jaspers, and Renee Kelley - Harvest



Yum...

Crossroads Academy. And, for the first time, we included a 5th grade class. We are exploring fund raiser options for 2013.

Grow our annual scholarship award.

This year, in January, we were excited to congratulate our newest recipient, Ian Denney. Ian is a student at Johnson County Community College in the well-regarded Hospitality Management's Chef Apprentice Program. He is also a full-time Sous Chef for Executive Chef Charles d'Ablaing at the Chaz restaurant on the Country Club Plaza. Ian has especially enjoyed working with rabbit, saying that "... It is such a versatile protein to work with and the options are endless as to what you can do with it. We just printed a new menu about a

month ago, which now hosts a very exciting new idea for the rabbit. Pancetta Rabbit Taco's. We formed thinly sliced pancetta into taco shells and filled them with braised rabbit, goat cheese creme fraiche, and a confit tomato. Very delicious!" It will be our pleasure to follow Ian's promising career. Next year we would like to increase this college scholarship amount and/or consider expanding our program to recognize a high school culinary student.

Grow our Program offerings, our Board and our Membership.

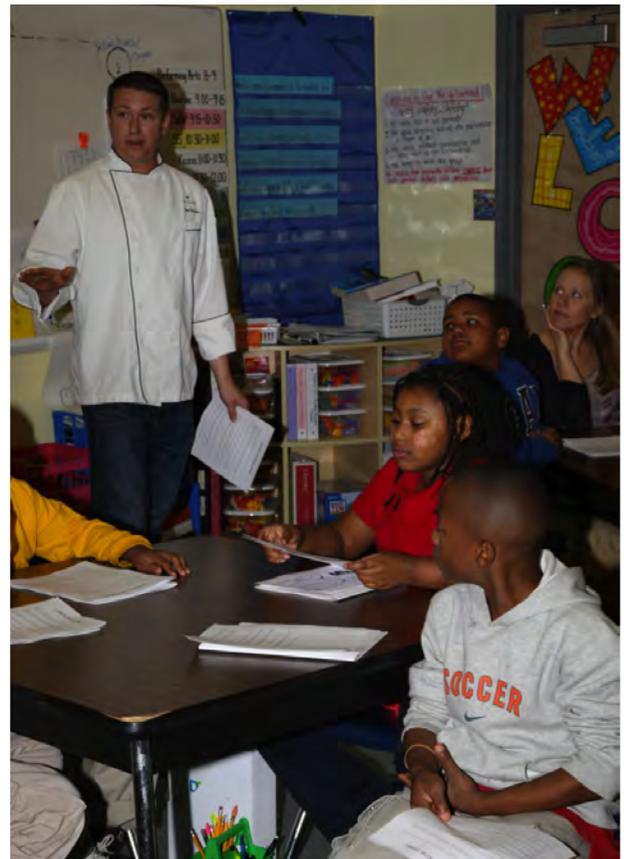
Early this year, we held several brainstorming sessions with volunteer members and non-members. These gave good insights and also helped gain a board member when one of the

participants, Lydia Jones, accepted a post. We need to add another volunteer board member (or 2) very soon. These new voices will help to bring fresh ideas, educational programs and new friends and members to our chapter. Without this support and infusion of fresh takes, we feel that our growth goals cannot be met, and we are possibly at an unsustainable position. We are planning our membership meeting to address these challenges very soon.

Current & upcoming events: We had a wonderful tasting of international cheeses in "the cave" at The Better Cheddar this winter – several cheese and wine pairings topped off with grand finale of Stilton & Port – not to mention trivia prizes and great shop-



Tom Ruggieri brought beautiful produce from his Fair Share Farm on Day 2. Sometimes the kids were stumped when he said "Does anyone know what this is?"



Greg Starrette of Houlihan's starts with the ABC's of Taste on Day 1.

ping. Everyone at The Better Cheddar is so well-informed on their products and the store is absolutely packed with cheeses, olive oils, vinegars, wine, chocolates, etc. If you are ever in KC, be sure to visit the beautiful Country Club Plaza and The Better Cheddar. Or shop online: www.thebettercheddar.com

Recently AIWF-KC was well represented at a "Foodie Fight" at Broadmoor Bistro. This event was to benefit expansion of the Broadmoor Technical high school program to include a "Chef's Garden" - the produce of which will go to the school cafeteria as well as for culinary program teaching. What a great idea! In this photo of volunteer chefs, you'll see one of our Days of Taste volunteer chefs (Ted Habiger of Room39) as well as our AIWF chapter partner (Renee Kelly of Harvest) and a chapter charter member (Jasper Mirabile Jr of Jasper's). The food was great, the students were so professional - very impressive, and we all had a great time with the Foodie Fight trivia.

We are working with two other food groups (Slow Food and Les Dames d'Escoffier) and The AIWF – Kansas City Chapter Partner, Renee Kelly, to offer a very fun and unusual holiday celebration. Stay tuned!

Thank you to our sister chapter, and to our National Board of Directors, for an inspiring and energizing 2013 National Leadership Conference in Wichita last month. It was great to share meals, wine, ideas and passions with our AIWF friends from across the country. Learn, Share, Enjoy! ❀



Gordon Parks class arrives at Room 39 ready to see what Chef Ted Habiger has in store for them on Day 4.



Crossroads Academy class making their salads on Day 3 – led by Howard Hanna of The Rieger Hotel Grill and Exchange restaurant (not shown).



The Foodies Fighting through the trivia game

AIWF WOULD
LIKE TO
INTRODUCE
DAYS OF TASTE®
ON DEMAND



DISCOVERING AND BUILDING HEALTHY EATING HABITS

COMING SUMMER 2013 FOR MORE INFORMATION VISIT WWW.DAYSOFTASTE.ORG

About AIWF Days of Taste®

The American Institute of Wine & Food's signature program since 1994. A discovery-based program which teams up chefs, food professionals, farmers and teachers that introduce elementary school aged children to the basic elements of taste, providing a hands-on educational experience, from farm to table through an exploration of food and nutrition.

- Provides fun-filled interactive taste experience, addressing some of the common food issues faced by today's children
- Discovering the world of flavors.
- Understanding how the five senses are used to appreciate food.
- Enriching their food vocabulary.
- Developing curiosity and a positive attitude towards new foods.
- Learning the link between food and good health.

What is Days of Taste® On Demand?

An educational & resource website with administrative tools designed to:

- Assists children's organizations with scheduling a Days of Taste® Program
- Chefs participation and resources
- Offers a user-friendly program curriculum
- Provides program administrative tools and resources
- Online or telephone program support
- Delivers a greater outreach for educating children about where their food comes from and making wiser choices when choosing the foods they eat
- And much more...

"In this age of fast and frozen foods, we want to teach school children about real food—where it is grown and how it is produced so they can develop an understanding and appreciation of how good, fresh food is supposed to taste."

- Julia Child



The American Institute of Wine & Food (AIWF) is a national non-profit founded in 1981 by Julia Child, Robert Mondavi, Richard Graff and others dedicated to promoting health and well-being through the enjoyment of good food and drink and fellowship that comes from dining together around the table and grants culinary scholarships to aspiring students and runs a national Days of Taste® program that teaches children about the culinary arts and nutrition.





Get kids growing in the garden by starting them off planting their own strawberries. You can let them plant and care for a whole patch, or just one or two plants, planted in a strawberry jar or garden container. Be sure to engage your kids in the planting process and let them get their hands dirty. Then show them how to care for and water their home-grown tasty treats. You can make this more fun for children by buying them their very own watering can. Don't forget to show kids how to pinch off plant runners to reap larger sized berries. And of course have them do the harvesting and enjoy the fruits of their labor!

You'll find most kids enjoy helping in the garden, they're allowed to get dirty, they get some good exercise, actually learn and understand, first hand, where their food comes from and they'll gain a good sense of nurture, nature and responsibility within the process.

Children love watching strawberries grow, they'll see flowers bloom, garden bees, and fruit develop and turn color. After developing a sense of ownership of their plants, they will especially love

Get Kids Growing: Start with strawberries in a patch or pot

BY JOAN CASANOVA, GREEN EARTH MEDIA GROUP

eating the sweet fruits they grew themselves.

Here's some tips to ensure strawberry success:

- *When planting strawberries, be sure the crown is above soil level and the upper most roots are 1/4 inch beneath soil level, buried crowns rot and exposed roots dry out. Have kids measure and then dig holes for placing plants, depending on space and quantity. Strawberry plants should be placed approximately 14 to 18 inches apart from each other in neat rows that are separated by 2-3 feet each. Let runners fill in until plants are 7-10 inches apart.

- *Use mulch to keep berries clean, conserve moisture and control weeds.

- *If you want to keep it simple, plant strawberries in a container. Just remember that container plantings need much more water than in-ground plantings, usually once a day; and if it's hot, twice. Strawberry pots are the obvious, best container choice for growing strawberries. You can fit several plants in one pot; just make sure whatever type of garden pot you use has good drainage. Strawberries have a relatively small root ball and can be grown in containers as small as 10-12 inches in diameter and 8 inches deep. However,

the smaller the container, the more frequently you will need to water. Synthetic and light colored pots will keep the roots cooler than dark colors and natural materials that conduct heat.

- *Strawberries like well drained fairly rich soil, so be sure to add compost or other organic matter when preparing the pot or patch.

- *They need full sun, and frequent, deep soakings. Be sure to give adequate water during bearing season. They will grow in all zones and should be fed twice a year -- when growth



begins and after the first crop. Use a complete fertilizer high in phosphorus for feedings.

Choosing Strawberry Plants – There are four different types of strawberry plants, June bearing, everbearing, day neutral and alpine. Bonnie Plants, the largest producer of veggies and herbs in the U.S., with 65 growing stations across the country, regionally serving 48 states, offers strawberry plants at your local garden retailer. Use transplants—they're easier than seed and the growing process will take less time. For more info and tips on growing strawberries please visit www.bonnieplants.com.

Strawberries are one of the easiest and best home garden fruits for kids to grow. They'll produce fruit throughout the summer and children will love to pluck them right off the plant, wash and eat! If your kids have yet to plant and care for a fruit or vegetable, strawberries are a perfect choice for their first gardening experience. Kick off this gardening season with your kids and get them growing strawberries! ❁

Think inside the box and contain your veggie and herb gardening enthusiasm!



Spring has sprung. Thinking about veggie and herb gardening but don't have a yard or live in an urban area? No worries. You can still join in and grow your own veggies and herbs in containers on a deck, patio, or balcony and reap a hefty harvest of fresh food for your dinner table. Plant breeders know that after taste, home gardeners want a high yield in a small space, so they've developed varieties that can grow in a small area, and even flourish in containers.

Here's 6 simple steps to get you started.

1. Time-saving transplants - When you're ready to begin potting up

vegetables and herbs, opt for transplants - seedlings that have already been started - rather than starting from seed. Transplants will buy you lots of time because they're six weeks or older when you put them in the pot, and you'll begin harvesting much sooner too. Bonnie Plants offers a wide variety of veggie and herb transplants, (many are compact varieties perfect for containers) available at garden retailers nationwide and grown near you.

2. Use a premium quality potting mix. Don't skimp here. A quality mix holds moisture but drains well; giving plant roots the perfect balance of air, moisture, and stability to grow a great harvest. Read bag labels to look for



quality ingredients like: aged (composted) bark, perlite, lime or dolomite, and sometimes moisture-holding crystals. Quality potting mix stays fluffy all season long. It does not contain actual dirt that would compact with frequent watering.

3. Pick the right pot. It should be affordable to buy and fill, but large enough to accommodate your plants as they mature. Almost anything can serve as a container—flower pots, pails, buckets, wire baskets, washtubs, window planters, even large food cans. Larger veggies, like tomatoes and eggplants, will need a larger container, at least 5 gallons for each plant. When in doubt, bigger is always better, the plants will look better and last longer because the roots will have more room to grow. Be sure the pot has a drainage hole in the bottom. And consider color: Dark colored containers will absorb heat that could possibly damage the plant roots. If you must use dark colored pots, try painting them a lighter color.

4. Feed your plants. Even if your potting mix came with fertilizer already mixed in, you may need to feed your plants. Some potting mixes include just

enough fertilizer to give plants a charge when they're starting. Mixes designed to feed for several months run out sooner in hot weather with frequent watering. Add timed-release granules or try a soluble fertilizer such as the "little green jug" of Bonnie Plant Food for quick results. It's organic in nature, environmentally friendly, an excellent food source for beneficial organisms in the soil and helps support healthy soil and overall plant growth. One jug of concentrate makes 64 gallons of product.

5. Put pots in a sunny spot. At least 6-8 hours is best. The sun drives energy for production and for making sugars, acids, and other compounds responsible for the fullest flavor. Make sure pots on a deck or porch get enough sunlight and move them to a sunny spot if shade encroaches. Without sun, the fruits will not ripen and the plants will be stressed.

6. Water regularly. Vegetables are at least 90% water. To produce well, they may need daily watering in hot weather since you can't always rely on rain. Water plants at soil level and be sure to water before the sun goes down, leaves

will need to dry before nightfall.

Be on the look-out for key words like: bush, compact, patio, baby, dwarf and space saver in their name, they'll be a good bet. Just because a plant is bred to be small doesn't mean the fruits will be small or the yield will be less.

- All herbs. Any herb does well in a pot.
- All greens. Collards, lettuce, mustard, Swiss chard and others are perfect for pots. You can mix them with flowers for an ornamental touch. Lettuces yield a surprising amount. Pick only the outer leaves to keep the harvest going.
- Eggplant and peppers of all types make pretty summer pots.
- Varieties like Husky Cherry Red, Patio, Bush Early Girl, Bush Goliath, and Better Bush are especially easy to manage in containers.
- Squash and zucchini work in large pots such as half barrels. ❖

For more information on growing veggies and herbs in containers please visit www.bonnieplants.com



South of the Border Wine Country

It was 2 a.m. my last night in Baja. Standing on the veranda of my hotel room on Rosarito Beach, the full moon illuminated the slate gray ocean and a phosphorescent white glow in the foaming waves as they ebbed and receded from the shore.

Millions of years ago these salt waters covered the peninsula, layering in shell that would become limestone. When the tectonic plates rose and

forced the waters back they cracked the granite that lined the earth's crust into boulders, which later mixed with the illuvial soils of clay, sand, and other minerals to form the land that would so influence the vineyards.

I last visited the Baja Peninsula in 1986, about the time that the first modern plantings of vines were occurring in the northern valleys. Now about 70 mostly small family run wineries dot the

landscapes in the Valle de Guadalupe, Santo Tomás, Vicente, San Antonio de las Minas and Valle de las Palmas regions, where 90 percent of Mexico's wine is produced within a 100 mile radius and less than a two hour drive from the American border south of San Diego.

The Spanish were the first to plant grapes in the region during the 16th century, primarily to use as sacramental wine. In the 1860s Russian immigrants escaping Czarist persecution started settling in the Valle de Guadalupe and also planted grapes. To this day you can occasionally see a blond or red head descendent in the valley.

The oldest surviving vineyard is Bodega de Santo Tomas, founded in 1888. Aside from its Reserva Unico, it is best known for having joined California's Wente Vineyard to produce Duetto, a 50-50 Santo Tomas/Wente blend. They also produce exceptional olive oil and last year shocked the Italians when it won first prize at a blind tasting in Milan.

Best known of the Baja wine areas is Valle de Guadalupe. Situated off the coast in a rising plane between Rosarito and Ensenada, most of the vineyards are planted between 1,000 and 1,300 feet elevation, beginning about twelve miles up the incline from the ocean, the wine growing area stretches about 20 miles. Warning to acrophobes, don't look down when you're driving along this wine country road.

The white stone and boulder strewn land is a reminder that it once dwelt below the sea, and its austere landscape has a major influence on the quality of the wine. The off-shore flow



VINEYARDS IN THE VALLE DE GUADALUPE



NEBBIOLO GRAPES DAYS BEFORE HARVEST IN THE L.A. CETTO VINEYARDS



of cool air in the evenings mitigates the warm days and contributes to the development of the grape in similar ways that California coastal vineyards experience, but harvest begins a bit earlier, in August. Thirty-five varieties of wine grapes are cultivated including Italian and Spanish varieties which do well here, especially Tempranillo and Nebbiolo, which is usually the last grape to be harvested.

Other grapes which adapt to the warmer climate and make up the

largest plantings include Cabernet Sauvignon, Zinfandel, Merlot, Syrah, Grenache, Chardonnay, Sauvignon Blanc and Viognier.

In Tecata, the northeast area of the Valle de Guadalupe, lies the second largest vineyard in Mexico, La Cetto (La Khet-toe), with a volume of 800,000 cases a year selling between \$7 and \$50 depending on the wine. The tasting room receives about 200,000 visitors a year and the wine has won numerous international gold medals.

Next door is the La Casa de Dona Lupe vineyard where you can sample local cheese and olives with your wine.

Other outstanding wineries with tasting rooms include Monte Xanic, founded in 1987 by Hans Backhoff and regarded as one of the top producers in the area. Domecq, which used to be known for its Sherry and Brandy, now concentrates on non-fortified wines, Tres Valles, which as the name implies, features bold reds from the Guadalupe, Santo Tomás and San Vicente valleys,

Casa de Piedra, Viñas de Garza which many consider the finest wines in the area and his Cabernet reflects that in its price of \$54, Vinisterra, Rincón de Guadalupe, the beautiful Hacienda La Lomita and Pijoan produces some nice whites. In Ensenada visit Fernando Martain at Cavas Valmar, one of the pioneers of the modern Baja wine region.

My favorite winemaker, Monica Palafox of Palafox winery, delivers across the board, from whites to reds. Located in Valle de la Grulla, south of Ensenada and abutting the Santo Tomás Valley, you need to make a reservation to taste, www.aldopalafox.com.

Other Vineyards with tasting rooms include Baron Balche, Bibayoff, Sol de Media Noche, Vinas de Liceaga and Vinos Fuentes.

In August, 2012, Mexican President Felipe Calderón dedicated the new wine museum in the Valle de Guadalupe, built with \$5.3 million in state and federal funds, and announced the establishment of a \$3.8-million fund aimed at supporting Mexico's wine industry. Its facilities highlight the history and tradition of wine-making in the region through interactive displays.

Many of those working in the Mexican wine industry have trained in California, Oregon and Washington, especially the field workers, and many of the wine makers have experience in Europe as well as the Western United States. Whether the Mexican wines will ever rival those remains to be seen, but there is a lot of optimism and European and American wineries are sharing in the interest as well.

America laws restrict the amount of alcohol that can be brought across the border to one liter, which is one of the reasons that only about 20 percent of tasting room guests are from outside of Mexico. The other is that Mexicans are developing a taste for wine and an appreciation of the vineyards in Baja.

When You Go:

Until recently, Baja wines had little to no commercial presence in the United States because of the small production and low importer interest. However the wines



MONICA PALAFOX AND MY FAVORITE WINE IN BAJA



WINE MUSEUM



GLAMPING



PORT OF ENSENADA

mentioned here can be purchased directly from the vineyards or from the San Diego firm winesfrombaja.com.

Some of the larger vineyards have tasting rooms open daily to the public, but for many others you need to make reservations. Brochures available through the Baja Tourist Office provide contact information. English is spoken at all the tasting rooms.

The peso is worth about 80 cents to the dollar and in Baja you get more for your money if you deal in dollars and don't convert to pesos.

There are a number of housing and dining options. In wine country I did some "glamping" at Cuarto Cuartos vineyards, elegant cabanas set in the middle of an expansive vineyard with magnificent views of the Pacific Ocean from the hilltops on the property. In Rosarito I stayed at the New Port Beach Hotel, where the water laps against the shore, day and night.

When dining in Rosarito try the obligatory lobster dinner at Puerto Nuevo restaurant and enjoy a Mexican breakfast at the eccentric El Nido. In the Valle de Guadalupe enjoy the local cuisine at Meson Leonardo and be sure to try the apple pie. In Ensenada, try the upscale oceanside dining at Belio and Nigori Sushi for a change of pace.

Whenever you're in Ensenada you must visit the historic watering hole Hussong's for margaritas and mariachis. Founded in 1892 by German immigrant John Hussong, it is the oldest cantina in Mexico.

For brochures, the Ruta del Vino map, tasting room reservations, housing, restaurant information and lists of events and festivals, contact the Baja Tourist Office, www.discoverbajacalifornia.com. ❀



JOHN BLANCHETTE IS A FREELANCE TRAVEL WRITER, TELEVISION PRODUCER AND OWNS A PUBLIC RELATIONS COMPANY IN SANTA MONICA, CALIFORNIA

WHO WE ARE

The American Institute of Wine & Food® is a 501(c)(3) non-profit organization and public charity founded on the premise that gastronomy is essential to the quality of human existence. The AIWF was established in 1981 by the late Robert Mondavi, the late Julia Child, the late Richard Graff and others to provide a forum for the study and enjoyment of gastronomy.

The AIWF is dedicated to promoting health and well-being through the enjoyment of good food and drink and fellowship that comes from dining together around the table. The American Institute of Wine & Food® is one of the few national organizations with the unique combination of dedicated wine and food enthusiasts and professionals. Wine and food enthusiasts get to meet and learn from renowned chefs, winemakers, authors, culinary historians, and food producers, while industry professionals have the opportunity to know and understand their core consumers.

The AIWF grants culinary scholarships to aspiring students and AIWF's signature program Days of Taste® program, which reaches out to thousands of children each year. Our focus and main objectives are to build a food and nutrition vocabulary, understand that locally grown ingredients are the freshest, and gain the experience to contrast flavors and develop taste memories.

Today, the organization has 18 chapters with over 3,000 members in the United States. Membership is open to all, as our organization offers something for everyone. We have a strong core of values, offer innovative programs, member benefits, and unique local events. AIWF is the resource for anyone who loves to enjoy great cuisine.

We cordially invite you to join us!



To learn more about The American Institute of Wine & Food® or to join our Organization, please visit www.aiwf.org

(831) 250-7595 • (800) 274-2493 toll-free • members@aiwf.org

26384 Carmel Rancho Lane, Suite 200E • Carmel, CA 93923

© 2013 The American Institute of Wine & Food®. All rights reserved.

