

SAVOR THIS™

Summer/Fall 2013 ☉ Volume 5 ☉ Issue 3 ☉ A publication of The American Institute of Wine & Food®

**THE TOMATOES
ARE COMING!**



**Reflections of Carolyn
Upcoming AIWF Events**

**Travel & Adventure – Adelaide &
South Australia's Wine Country**

**From The Garden - Easy season:
Fall gardening spells success**

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.

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AIWF WOULD
LIKE TO
INTRODUCE
DAYS OF TASTE®
ON DEMAND



DISCOVERING AND BUILDING HEALTHY EATING HABITS

COMING FALL 2013 FOR MORE INFORMATION VISIT WWW.DAYSOF TASTE.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.



The San Diego Bay Wine & Food Festival and The American Institute of Wine & Food Team Up to Award Culinary and Enology Scholarships in San Diego



Toasting to delicious wine and a delectable meal at 2012's Celebrity Chef Luncheon.



*Espresso Marinated Manchester Farms Quail Breast
Blood Orange, Shaved Fennel, Cardamom Glaze*



2012 AIWF scholarship winners.

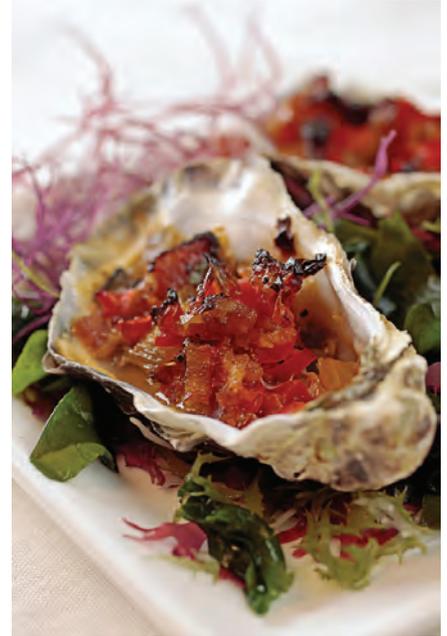
The San Diego Bay Wine & Food Festival returns November 18-24, 2013, to celebrate its 10-year anniversary. This year's jam-packed celebration includes over 20 mouthwatering events to choose from and promises to be bigger and better than ever, which is great news for the American Institute of Wine & Food, who has been a beneficiary of the event's fundraising efforts since 2004.

The Festival has been a long-time advocate for giving back to the community to help invest in San Diego's budding culinary scene. Each year, the Festival raises funds through its Wine Spectator's Celebrity Chef Luncheon & Big Bottle Live Auction, where culinary legends from across the nation gather to prepare one unforgettable meal. Proceeding the luncheon, guests gather for a spirited live auction, where they bid on upwards of 25 magnificent wine lots, with proceeds benefitting culinary and enology scholarships awarded by the San Diego Chapter of the American Institute of Wine & Food for students pursuing full-time or continuing education programs. Last year's live auction raised \$23,738 and the San Diego Bay Wine & Food Festival has raised more than \$228,700 to date in scholarships for the AIWF.

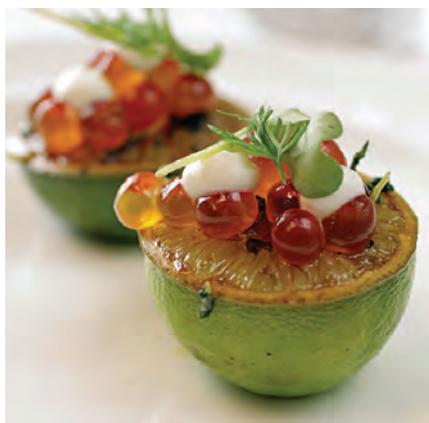
Fourteen scholarship winners were selected in 2012 after undergoing a rigorous application and interview process led by Festival producers Ken Loyst and Michelle Metter and AIWF's San Diego Chapter scholarship committee. Scholarship winners included Michael Bolmey, Adam Godlove, Lindsay Pomeroy, Lauren Baker, Marisela Cervantes, Sarah Colton, Nolan Cooper, Erica Llanos, Marcylyn Newsome, Jason Rivas, Jesse Rodriguez, Magdalena Velasquez,



*Chef Gale Gand, Bergamot Bread Pudding
Cranberry-Black Pepper Paint*



*Olive Oil Poached True World Foods' Salmon
Cauliflower Puree, Marcona Almonds, Honey Crisp, Apples, Brown Butter Vinaigrette*



Chef Katsuya Fukushima, Japanese-Peruvian Ikura Ceviche, Salmon Roe, Ponzue, Kewpie Yogurt, Wasabi, Key Lime



Bidders picking up their paddles for the live auction.

Carol Vo, and Kyle Zimmermaker. Winners were invited to attend last year's Wine Spectator's Celebrity Chef Luncheon & Big Bottle Live Auction, where they were officially recognized in front of an audience of professional chefs, winemakers, sommeliers, AIWF members, and food and wine media.

A portion of the funds raised from last year's auction will be used in 2013 to award a new crop of future chefs and enologists. To be eligible for scholarships awarded by the AIWF, applicants must be tied to San Diego through school, work or recent involvement in the city through food or wine. The scholarship funds awarded cover the costs of tuition and other applicable school fees for study at an accredited institution in or outside of San Diego. To be considered for this year's scholarships, visit www.sandiegowineclassic.com for details regarding the application process.

As the San Diego Bay Wine & Food Festival approaches its 10-year anniversary celebration, attendees can look forward to a new and exciting event line-up. This year, instead of a luncheon format, the Festival is introducing Wine Spectator's Celebrity Chef Dinner & Big Bottle Live Auction, which takes place the evening of Thursday, November 21. The dinner features seven nationally acclaimed chefs, including AIWF Ambassador and James Beard award-winning chef Gale Gand; James Beard award-winning chef Roy Yamaguchi of Roy's; Chef Suzette Gresham of Michelin-star restaurant Acquerello in San Francisco; Chef Peng S. Looi of Asiatique in Louisville, KY; James Beard Award nominee and *Food & Wine Magazine's* 2013 "Best New Chef" Alex Stupak of Empellón Cocina in New York City; Chef Robert Wiedmaier of RW Restaurant Group in Washington, D.C.; and Chef Bernard Guillas of the Marine Room in La Jolla, CA.

Single seats for the dinner are \$250 per person and are available for purchase online. For those interested in sponsoring an entire table, call 619-312-1212 for package rates and to select your winemaker. For a complete schedule of San Diego Bay Wine & Food Festival events and to purchase tickets, visit www.sandiegowineclassic.com. AIWF members receive a special discount of 15% off Grand Tasting general admission and early admission tickets. For details, visit www.aiwf.org and login to the members' site. ❖

Right, clockwise: Master Sommelier Joseph Spellman bids on silent auction items.; Crème Fraîche Alaskan King Crab Timable, Carrot Lilikoi Nectar, Vanilla Pearls, Dill Pollen, Petrossian Trout Caviar; Chef Kerry Simon, Rosemary Marinated Creekstone Skirt Steak, Marbled Fingerling Potatoes, Morel Mushrooms, Fava Beans, Chive Oil, Lychee Pearls; Even Festival co-producer and AIWF member, Ken Loyst, gets in on the bidding action during the live auction.; Live auction items range from rare works of art to big bottle packages and getaway weekends.; Last year's Celebrity Chef Luncheon following the live auction.

10TH ANNUAL CLASSIC
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NOVEMBER 18-24, 2013

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Must be 21 or older to attend. No infants or children admitted. Produced By: Fast Forward Event Productions • www.fastforwardevents.com

Your AIWF membership allows you to attend events nationwide!

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Julia Child
 Richard H. Graff
 Robert Mondavi

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 Pacific Northwest, WA
 San Diego, CA
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 Vermont
 Washington, DC
 Wichita, KS

AUGUST 2013

- 25 Beach Club Gala
AIWF Monterey Bay (CA)
- 29 Fast Yachts and Fine Food
AIWF NorCal (CA)

SEPTEMBER 2013

- 7 Summer Nights Dreams
AIWF Dayton (OH)
- Annual Picnic at Hope Ranch
AIWF Santa Barbara (CA)
- 10 Lake Park Bistro
AIWF Milwaukee (WI)
- Bellamy's Restaurant
AIWF San Diego (CA)
- 12 The Best Wines You've
Never Heard Of
AIWF Boston (MA)
- Sips 'n' Slurps at TASTE
AIWF Event
AIWF Pacific Northwest (WA)
- 15 Olive Oil Tasting
AIWF Dayton (OH)
- 16 Fall in Vienna Cooking Class
AIWF Dayton (OH)
- 23-27 Days of Taste®-
Rosemary's Garden
AIWF Dayton (OH)
- 24 Books for Cooks
AIWF Monterey Bay (CA)
- 26 Livermore Valley Plays with
the Big Boys: An exploration

of California's best
 Bordeaux blends
AIWF NorCal (CA)

- 30 Farm to Chef Maryland
AIWF Baltimore (MD)

OCTOBER 2013

- 3 Avant 10-3-2013
AIWF San Diego (CA)
- 6 Celebrate the Craft
AIWF San Diego (CA)
- 7 Sanford Restaurant
AIWF Milwaukee (WI)
- 7 – 11 Days of Taste®-DLM
AIWF Dayton (OH)
- 16 Tremont 647 Dinner
AIWF Boston (MA)
- 19 AIWF Gala "An Evening
at Downton"
AIWF Dayton (OH)
- 24-25 Days of Taste®-In School
AIWF Dayton (OH)
- 29 Days of Taste®-In School
AIWF Dayton (OH)

NOVEMBER 2013

- 2 Patricia Wells 11-2-2013
AIWF San Diego (CA)
- 18-24 San Diego Bay Wine
& Food Festival
AIWF San Diego (CA)

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



Carolyn Margolis (wearing white in front row) and Friends

Reflections of Carolyn...

REFLECTIONS OF CAROLYN

Carolyn Jane Margolis, Chair of the National Capital Area Chapter of AIWF and very involved member of National AIWF, passed away unexpectedly on Thursday, August 15th.

To the AIWF, Carolyn was a tireless volunteer. At the National Capital Area Chapter she wore every hat possible, from program chair and education chair to her final stint as chapter chair for six years. At the national level, she put her talents to work as a National Board member, Chapter Representative to the National Board and past Executive Committee member. She worked with Julia Child on her groundbreaking program "Resetting The American Table: Creating a New Alliance of Taste and Health."

In her professional life, Carolyn was the Chief of Exhibition Design

and Development for the Smithsonian Institution. She began her career with the Smithsonian at the Anacostia Museum and then moved over to the National Museum of Natural History where she was assistant director of the landmark "Seeds of Change" project in the early 1990s. As part of her work on the "Seeds of Change" project, Carolyn co-edited *Seeds of Change: Five Hundred Years Since Columbus* (Smithsonian, 1991). She also collaborated with Herman Viola and Jan Danis in editing *Magnificent Voyagers: The U.S. Exploring Expedition 1838-1842* (Smithsonian,



Carolyn Margolis with Jacquie Pepin and a nephew at Julia Child's Memorial Celebration October 24, 2004.



Jackie Allen and Carolyn Margolis with Past Chairs Deborah Orrill - Dallas, and Susan Walter-NorCal at the March 2003 Julia Child's Circle - Julia's 90th birthday celebration at Robert Mondavi's Wappo Hill estate.

1985). Although Carolyn was deeply proud of her work on the Seeds of Change and other exhibits, perhaps her best known and longest lasting legacy will be the exhibit at the Smithsonian's National Museum of American History featuring Julia Child's kitchen. The exhibit was sponsored by AIWF. Carolyn chaired the AIWF advisory committee that helped make it all happen. Once retired, Carolyn continued to be involved with the Smithsonian, working tirelessly with the Institution's Sustainable Seafood Program.

The consummate foodie, according to her AIWF friends, Carolyn's genius lay in her ability to organize people to donate their talents and resources to help the many charitable causes she

championed. Some say that, over the years, Carolyn twisted the arms of most famous chefs in the Washington, DC area on behalf of AIWF, her temple and many other causes. But the truth is that no one could resist Carolyn's charm. They all gave willingly to her, a great friend. And the favors were always returned. With Carolyn, it was never a one way street.

Carolyn's pursuit of good food is legendary. As a child, beef tartare was well known to her. Once, a trip to Italy turned into the search for "the perfect pigeon" with her consuming every kind of small bird available during the trip. But Carolyn had what a good friend calls "an opinionated palate." She delighted in rare and exotic foods, yet disdained some foods that remind most people of their fondest childhood memories. Foie gras was a definite "yes" for her; mashed potatoes with lumps or butter pecan ice cream, a definite "no." She hated the pieces. This love of food is what led Carolyn to AIWF.

In addition to her devotion to food, Carolyn had many interests. Music, the theater, the Washington Redskins and the Washington Nationals were all worthy of her attention. But she left the best of herself for her friends and family, being a devoted sister and doting aunt and great-aunt.

Ris Lacoste says it best: "Carolyn was devoted to the AIWF, to Temple Micah and to her family. She had so much love to give. Our staff at RIS adored her many visits. We thank her so much for her work for our National Capital chapter as Chairman and as our "Raffle Queen". She made things happen every day. I love Carolyn. She was a very dear friend. She loved what we do, we, the AIWF. Dedicated to our cause and dedicated to all of us, her friends she has made throughout the years, locally and nationally. Truly dedicated.

She was one of life's great characters amongst us and will be sorely missed."

Carolyn died on Julia Child's birthday. One can only imagine her re-organizing heaven with her old friend and planning the next heavenly banquet. We will all miss her. ❖

STORY BY TERRY JENNINGS, CONTRIBUTORS: JACKIE ALLEN, FRANCINE BERKOWITZ, RIS LACOSTE AND DANA SITNICK



Carolyn with Julia Child and friends (Past AIWF National Board Members) for the opening of the Julia Child Kitchen at The Smithsonian's National Museum of American History. All past AIWF National Board Members pictured with Julia. (Front Row) Carolyn Margolis - Washington DC, Julia Child and Mary Abbott Hess - Chicago. (Back row from left to right) Susan Walter - NorCal, Jackie Allen - Philadelphia, Dan Snyder - Washington DC, Ben Helms - Dallas/Ft. Worth, Bob Don - Chicago, George Linn - NorCal, Deborah Orrill - Dallas/Ft. Worth, and Diane Neas - Baltimore



Julia Child's Kitchen at The Smithsonian's National Museum of American History



Carolyn Margolis with Niece Rachel Mariscal

AIWF New Members

May 2013 – July 2013

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2. CREATE YOUR VIDEO

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UPLOAD YOUR
VIDEO
TO BE IN TO WIN



LIKE US ON FACEBOOK!



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



To Enter:

1. Go To 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 September 1 until September 30, 2013 will go into a random drawing. Winners will be notified through a Facebook message on or before September 30, 2013.

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.

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Big Sur Food and Wine Festival	Monterey Bay
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The Tomatoes are coming...



Some people wait all year long for heirloom tomato season to start – and finally, it's here. These super colorful, beautiful tomatoes are a sure sign that summer is ending and fall is just around the corner, so it's time to embrace the change! Take advantage of the season's first batches of ripe, red, green, and yellow heirloom tomatoes by fixing up some fantastic recipes.

The Carmel TomatoFest was an event attended by tomato fans worldwide and hosted over 200 varieties of tomatoes, with chef preparing amazing tomato dishes enjoyed by all for over 17 years.

In honor of Gary Ibsen's beloved TomatoFest, here are several dishes which you can prepare and enjoy at home.

Fried Green Tomatoes

by Gary Ibsen

This dish is a favorite for guests that attend the Carmel TomatoFest every year. We hope that you and your family enjoy this as much as they do!

Serves 12

4-Green, unripe, hard as rock tomatoes, sliced approx.

1/2" thickness.

6-eggs- scrambled with 1/2 cup milk mixed together in bowl.

1/2 cup polenta

1/2 cup yellow corn meal

1 cup all purpose flour

1 cup semolina flour

1 Tbsp. paprika

1 Tbsp. dark chili powder

2 tsp. cayenne pepper

1 Tbsp. Salt

2 tsp. celery salt

2 tsp. white pepper

1 tsp. ground bay leaf

1/2 tsp. ground fennel that has been roasted

1/2 cup butter

1/2 cup olive oil

Grind polenta for 12 minutes in food processor until granules become fine and small.

Mix all the dry ingredients together (flours, corn meal, polenta and spices) placing in a shallow dish.

Place tomato slices into egg mixture and then dredge in the flour mixture.

Heat skillet with butter and olive oil, medium heat. When butter is melted add coated tomato slices. Cook on one side 2-3 minutes, and turn once, cooking another 2-3 minutes, until tomato is tender, but coating is crunchy.





“Zebra” Tomato Foam, Shaved Elephant Heart Plums, Rose Ice Cream & Tomato “Paper”

William Werner, Navio at The Ritz-Carlton, Half Moon

Zebra Tomato Foam

Serves 12

2 lb. Ripe Zebra Tomatoes, peeled (reserve peels for paper), deseeded and pureed
 2 cups Zebra Tomato Paste
 1 cup Litchi Puree
 ¼ cup Muscavado Sugar
 6 Gelatin Leaves, re-hydrated
 1 Isi Siphon, ½ liter
 1 N2O

Gently warm tomato and litchi puree with sugar until dissolved. Add gelatin leaves, burr mix and strain into siphon. Charge siphon with one N2O charge. Place in cooler and reserve.

Tomato Paper

Take reserved tomato skins and place in a dehydrator until crispy.

Rose Ice Cream

4 c. Milk
 1½ c. Heavy Cream
 4 Egg Yolks
 1 c. Sugar
 ¾ c. Milk Powder
 2 Tbl. Rose Water

Bring milk, heavy cream and milk powder to a boil. Whisk yolks with sugar and temper into hot milk. Cook to 145°F. Strain and chill in an ice bath. Place in ice cream machine and follow manufacturers' directions.

Elephant Heart Plums

1 lb. Elephant Heart Plums

To plate: Place four thin slices of elephant heart plums in the middle of the plate. Place a quenelle of rose ice cream on the left side of the slices. Next to the quenelle, make a mound of tomato foam with the siphon. Cover the foam with tomato paper.

Tomato “Fest” Custard, Basil Jelly

Bart Hosmer - Executive Chef, Parcel 104

Serves 6

1 cup Tomato Water
 1½ cup Cream
 ½ each Vanilla Bean, Split
 1 each Lemon Zest
 1¾ cup Butter Milk
 3 each Gelatin Sheets
 2 cups Basil, Fresh
 2 tbls Balsamic Vinegar
 ¼ cup Sugar
 1 each Gelatin Sheet
 pinch Salt



Tomato Water

In a food processor, pulse chop 6 tomatoes with 1 table-spoon of salt until tomatoes are coarsely mixed. Place the mixture into a cheesecloth and hang overnight allowing the “water” of the tomatoes to drip into a bowl. The next day reduce the tomato water that has collected in the bowl in a saucepot over medium heat until 1 cup. Remove and cool.

Custard

In a saucepot over medium low heat add the tomato water, cream, vanilla bean and lemon zest. Bring to a slight simmer and whisk in the gelatin until dissolved. Strain the mixture through a fine mesh strainer and temper in the buttermilk. Place into individual molds and place in the cooler to set.

Basil Jelly

Juice the basil. If a juicer is not available combine basil, balsamic vinegar and 1 tablespoon of lemon juice into a blender and puree until smooth. Combine Basil Juice, balsamic vinegar and salt into a saucepot and bring to a simmer. Whisk in the gelatin until dissolved. Pour a small "sheet" of the warm jelly mixture over the set custards to form a thin layer of jelly. Again place in the cooler to set and serve chilled.

Garnish with slices of your favorite tomatoes, fresh basil or bacon.

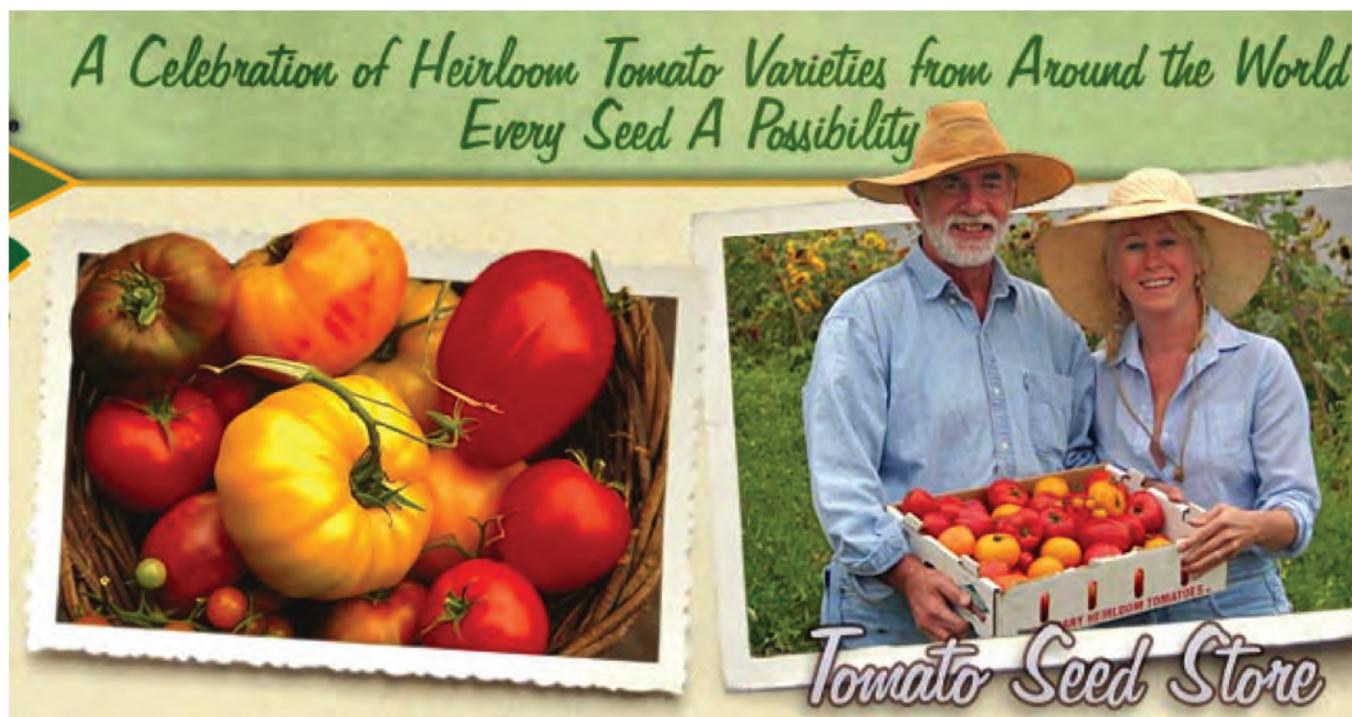
Heirloom tomatoes have become increasingly popular and more readily available in recent years. Heirloom tomatoes can be classified into four categories: family heirlooms, commercial heirlooms, mystery heirlooms, and created heirlooms. They are grown for a variety of reasons, such as historical interest, access to wider varieties, and by people who wish to save seeds from year to year, as well as for their



taste, which is widely perceived to be better than modern tomatoes. They do, however, have a shorter shelf life and are less disease resistant than most commercial tomatoes. Furthermore, some scientists have suggested that heirloom tomatoes are no more natural than commercial ones, and that many are simply "inbred" tomatoes.

Heirloom Tomatoes varieties differ in maturation times. There are early season heirloom tomato varieties, mid-season heirloom tomato varieties and late season heirloom tomato varieties. Grow tomatoes all season long.

To learn more about heirloom tomatoes and purchase your favorite seed varietal visit www.tomatofest.com ❖



ADELAIDE AND SOUTH AUSTRALIA'S WINE COUNTRY



The Lane Vineyards

STORY AND PHOTOS JOHN BLANCHETTE



Wine country similar to California except for some odd creatures running, hopping or flying through the landscape

Australia's fifth largest city, Adelaide enjoys a history of gentility and tolerance, never having been a penal colony. It is known for its elegant victorian buildings on streets laid out in a grid with lots of greenery, its festivals, cuisine and wine.

Named for Queen Adelaide, wife of England's William IV, the city is the Capital of South Australia and was founded in 1836. Colonel William Light designed the city around the River Torrens rather than the sea coast and surrounded it with parkland.

Sixty percent of Australia's great wines can be found in the highlands and valleys within a 50 mile radius of the city and I was out to explore them.

It was December and the weather was warm. The nighttime street scene was in full bloom with outside dining at nearly every venue in town.

My guide to the city and the wine country was expatriate Ralf Hadzic, who

grew up in Ohio and Dallas and had a distinct Texas accent. He was also involved in the music business in the United States and Australia, hosting TV and radio shows, producing concerts and recordings and a confident and guide to many performers touring the country.

Ralf's company, "Life is a Cabernet Tours," has a number of vehicles that shuttle visitors through wine country allowing us to imbibe with careless abandon while they drive on the wrong side of the road through the beautiful wine valleys surrounding Adelaide (it's the English heritage and you spot quite a few old English automobiles driving the lanes, having survived well in the moderate climate).

Ralf seemed to know everyone in town, which is about 1.2 million people, and he certainly knew the restaurants and wineries. He even helped upgrade my flight home aboard the Qantas'

super jet A380, a 13-hour flight from Sydney to Los Angeles. I recommend his services highly (www.lifeisacabernet.com.au).

One of our first stops was in the outskirts of the city where Penfold's Magill Estate offers a Heritage Tour of the original brick, stone and wood winery established in 1844. Penfold's is famous for producing Grange, a limited edition blend, every year since 1951. It's astronomically expensive, but amazing if you are lucky or wealthy enough to taste one.

I was lucky and had a taste of the 1984, spectacular complexity and deep fruit flavors with an average price of \$650 a bottle.

Now it was off to the Adelaide Hills, about a 20 minute drive from the city, for views of true wine country. The landscape is very similar to the California wine regions, golden undulating hills warmed in the summer air and doted by large oaks and eucalyptus trees, with the exception of some odd creatures hopping, running or flying by.



Female red kangaroo enjoys wine country



I saw families of kangaroos, emus, the beauty of white cockatoos in flight, a wallaby and heard the manic call of the kookaburra during my visit.

Some of the vineyards visited included Shaw & Smith and The Lane winery, which has a lovely restaurant in the middle of the vineyard. Ralf and I had some delicious Coffin Bay oysters and I had The Lane Vineyards lovely Sauvignon Blanc with lunch (www.thelane.com.au).

Then it was off to perhaps the most famous wine area in Australia, the Barossa, renowned for its Shiraz (Australian for Syrah) and Riesling among many others. Located about 40 miles northeast of Adelaide It was first settled by German immigrants in the 1840s and the German influence continues in

the small tourist towns in the valley.

In Angaston visit the Barossa Valley Cheese Company for some samples of local goat and cows milk cheeses hand-crafted in the back of the shop. Next door is the Italian Kitchen for home-made pastries, bread and pasta to go.

For a change of pace visit the beer garden at Barossa Valley Brewing in Tanunda. Owner Denham D'Silva studied at the University of Michigan and makes the best beer I tasted in Australia (www.bvbeer.com.au). For commercial beer I liked the hoppy James Boag's.

The other great wine valley is McLaren Vale, about a 40 minute drive southeast of Adelaide. It's known for its red wines but also produces Chardonnay and Chenin Blanc among other white wines.

Primo Estate Wines specializes in Italian varietals.

Coriole Vineyards has beautiful views down the hills to the sea and the tasting room also has a gift shop where you can purchase olives from the property, packed and cured, olive oil and wine vinegar (www.coriole.com).

d'Arenberg Winery also rests on the top of a hill and has long views from the vineyard restaurant. Winemaker and owner Chester Osborn makes 35 different wines with labels by local artists (www.darenberg.com.au).

I had lunch at the Vale/Inn Taphouse & Kitchen and tried the full flight of beers, including cider, with my lunch. As they say in wine country, it takes a lot of beer to make good wine.

WHEN YOU GO:

In Adelaide I stayed at the Majestic Roof Garden Hotel (www.majestichotels.com.au), centrally located just off Rundle Street the main road for young Adelaide with access to a number of shops, cafes, restaurants, pubs and clubs, which are open well into the early morning.

I had a lovely country house experience at Kingsford Homestead (www.kingsfordhomestead.com.au). It was known as Drover's Run in the TV series "McLeod's Daughters." Built in 1856 the two-story sandstone Georgian structure is on a beautiful 225 acre property and offers seven luxury guest rooms. Managers Pat and Sally Kent are wonderful hosts and delightful

people. Pat opened up his wine cellar and served me the best wine I tasted on my tour, The Barons of the Barossa 2008 Shiraz. Beg him for a glass.

They also have an extraordinary young chef from England, Dannielle Stone, who prepared my best meal in Australia. Famous wineries such as Peter Lehmann, Yalumba, Rockford, Hentley Farm and Greenock Creek are a 10 minute drive from the property in the Barossa. The wineries of Clare Valley are about 30 minutes north.

The largest non-British isles population in Adelaide is Italian, and therefore a number of restaurants proliferate. I dined at the friendly and homey Amalfi Pizzeria Restaurant. Also popular is the Mesa Lunga (long table), a lively tapas

restaurant with a preserved period interior and communal seating on the veranda at long tables.

For information on Adelaide and the surrounding wine country, brochures and guides to housing, restaurants and festivals, www.southaustralia.com ❀



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Kingsford Homestead

Easy season:

Fall gardening spells success



Scrumptious, healthy veggies, hefty harvests and a break on your grocery bill – many appealing advantages draw people to growing their own vegetables. If you've never gardened before or you're a green thumb, garden-guru, you'll soon figure out that fall's a great time to get growing your own produce.



Practical meets pretty: Mix fall veggies like kale, lettuce and Swiss chard with flowers in a pretty pot



Fall favorites produce a bountiful harvest.



Easy season solution to small space gardening: Use a strawberry jar to plant a mix of fall flowers and veggies

Cooler temperatures and milder sun can spell success for any gardener who takes up the trowel as autumn approaches.

Favorable fall conditions mean growing cool weather crops is comparatively easy, with less watering and care needed for a successful garden. Cool crops will start out strong, growing quickly and then slow their growth as days become shorter and cooler. You'll also need to work less to protect your garden from pests, as both insects and animal populations will taper off in fall. And since weeds will germinate less frequently and grow slower, weeding won't be a time-consuming task. Finally, more rain and less sun and heat mean you'll need to water less.

If you're ready for gardening success, now is the time to grab that hoe, break some ground and get growing. Tips to get you started:

Pick your plants

Start with transplants, rather than seed. A shorter, gentler growing season means you need to get started right away. Many local garden centers will have a selection of transplants from producers like Bonnie Plants that will grow well in your geographic region. Transplants will be six weeks older and give you a jump start. You'll be able to harvest sooner than if you start from seed and skip the volatile, sometimes unsuccessful, seed-starting process. Bonnie's transplants come in earth-friendly biodegradable pots, making planting easy, preventing transplant shock and sparing the use of much plastic. As the pot biodegrades, it'll add nutrients to your soil, too.

Choose cool crops that your family likes to eat. Popular fall favorites include:

*Lacinato Kale- A cold-hardy vegetable, kale leaves sweeten after frost.



Plant a raised bed fall veggie garden with kids, and add some fall flowers for a pop of pretty!



Easy Season harvesting



Lettuce is a cool-weather lover, producing well in fall.

Kale is a super food, and Lacinato leaves extend excellent health benefits, lowering cholesterol, fighting cancer, and decreasing inflammation.

* Early dividend broccoli – Many greens love the fall, and broccoli is no exception. Plant stalks 18 inches apart and get ready for an easy, hearty harvest. Broccoli is high in fiber and calcium.

* Cabbage – The quintessential fall vegetable, Bonnie’s hybrid cabbage grows large, round blue-green heads. From salads to stews, cabbage adds a punch of flavor and nutrients like beta-carotene, vitamins C and K, and plenty of fiber.

* Romaine Lettuce - Romaine packs a big punch with more vitamins, minerals, fiber, and phytonutrients than other popular types of lettuce. Rich in fiber, vitamin C, and beta-carotene, romaine is especially good for heart health. Space transplants 18 inches apart.

Once you know what you’ll be planting, it’s time to get the ground ready. Remove any garden debris from the past season’s garden and remove weeds before they go to seed.

Size up your soil. Loosen compacted soil, fluffing it up with a garden fork. Soil test and amend if necessary. Adding a 2-inch layer of bagged compost is always good practice. You can also spread a balanced fertilizer, such as 10-10-10, according to labeled instructions, for added nutrients.

Plants will need an inch of moisture per week, either through rain or supplemental watering. You might want to consider raised bed planting; beds are easy to build or buy and allow you to start out with good quality soil. Plus, you’ll bend less come harvest time.

Position your plot and let the sunshine in. Most vegetables need full sun – at least six hours per day. Finally, don’t fear frost. When frost threatens, cover plants with floating row cover, cold frame or a cloche. Or, you can grow fall veggies in a container and move pots to a protected location on frosty nights.

Whether you’re working in the backyard, a raised bed or in containers on a deck, you’ll see how easy and successful fall planting can be. Start now to ensure you enjoy a healthy, plentiful and fulfilling fall harvest. For more tips on fall gardening visit www.bonnieplants.com ❀

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

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