

SAVOR THIS™

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AIWF LEADERSHIP CONFERENCE & PEBBLE BEACH FOOD & WINE



Photo: Monterey Bay

Chapter Spotlight:
Milwaukee

Cooking with Herbs
Produce Plots

The White Way to
Drink Bordeaux

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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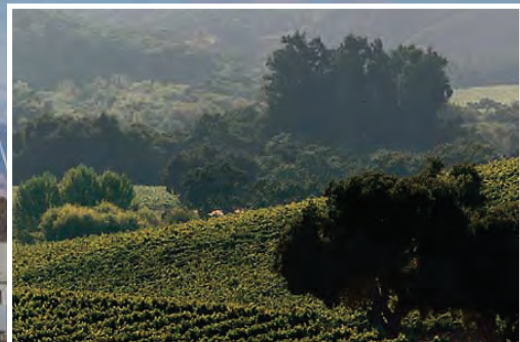
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Lexus Remix Dinner

April 11, 2011

Pebble Beach, California

SEVENTH ANNUAL

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 **THE COSMOPOLITAN™**
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AIWF MILWAUKEE CHAPTER



OK, we admit that Milwaukee has one really long winter, but all the more reason to enjoy getting together with AIWF members and guests for our monthly dinners at the best local restaurants and clubs. We are sure to take advantage of our all too brief summer months by scheduling events in the beautiful countryside surrounding the city and our member-only summer garden party.



Shully's Cuisine & Events: Greg Movrich, Jan & Bill Johnson and Mary Schmitz



Lake Park Bistro: Suzanne & Tom Roepsch and Deseri & Peter Garza



Odd Duck: Dinner



Official Members-only Garden Party Greeter

Programs

Each month brings an event that features a carefully selected location. In 2013 all restaurants visited were included in the Milwaukee Journal/Sentinel's Top Restaurant list. Some were perennial favorites with James Beard Award winning and nominated chefs (Lake Park Bistro and Sanford) and others were new and exciting (circa.1880, Odd Duck and Wolf Peach).

This year is off to a great start with dinners planned at Bavette le Boucherie (yes, it is a restaurant and a butcher shop) and Prodigal Gastropub. Both were named to the list of Best New Restaurants in 2013. We will be heading to the lovely Kettle Moraine area in May for dinner at the historic Union House, operating since 1881.

Each July the Chapter hosts a members-only spanfarkel (pig roast for you non-Germans) in a member's lovely gardens. The event is free for all members in appreciation for their support throughout the year. Board members put on their chef's hats and create a sumptuous spread accompanied by light summer wines as well as Point Beer provided by the brewery owner, a Milwaukee Chapter member. Hey, we



Odd Duck: Jenni Locke, Wendy Petzold & Joy Vertz



Odd Duck: Sigrid Dynek, Barry Axelrood and John Frohling



Garden Party (clockwise from left): Otto Pena, Mike & Pat Sargent, Herb Quigley, Christine Radiske, Polly Ellingson and Kay Pena



Garden Party (clockwise from left): Jan Effinger, Rane & Benton Field, Sue Belle-humeur, Mary Schmitz, Jeff MacDonald, Janine Brennan and Bob Holmes



Garden Party (clockwise from left): Bill & Peg Schaaf, Gile & Linda Tojek, John Savage, Pat Brophy and Bernie Bausch



Garden Party (clockwise from left): David & Mary Newell, Larry & Karen Kancius and Art & Sue Blazek



Gingerbread House Building



Gingerbread House Building



Gingerbread House Building



Gingerbread House Building

may be the American Institute of WINE & Food, but this is Milwaukee!

It would not be the Christmas season without the Chapter's annual Build Your Own Gingerbread House event. It is held at the Milwaukee Public Market, an AIWF Business Member. Milwaukee Area Technical College (MATC) baking students supply the gingerbread pieces and buckets of frosting. With tons of candy for decorations, the young artists and their families get to work creating holiday masterpieces. Several of the "artists" have been known to eat as much as they use for decorating. Serious sugar buzz!!!

Scholarships

The Milwaukee Chapter was pleased to present four scholarships in 2013. An AIWF endowment at the Wisconsin Restaurant Association allows the Chapter to grant a scholarship to a student attending any culinary program in Wisconsin. All profits from the Gingerbread House event are allocated for a baking scholarship at MATC and the additional two scholarships are presented to students in the Culinary Arts or Management program at MATC.



Gingerbread House Building



Milwaukee Area Technical College Scholarship Dinner



Fred Austermann, Chapter Chair and MATC Scholarship Winners Natiesha Thomas, Alisha Hall and Glenn Satterlund



Gingerbread House Building



Milwaukee Area Technical College Scholarship Dinner



ProStart: Milwaukee Washington High School Team



Gingerbread House Building

The recipients are honored at a fall gala dinner at MATC prepared and served by the students and faculty. The dinner is a highlight of the year and always draws a capacity crowd.

ProStart

ProStart is a two year program for high school students sponsored by the National Restaurant Association. The goal is to develop the best and brightest students for careers in restaurants and the food service industry. The Milwau-

kee Chapter allocated funds for 2013 and 2014 to sponsor students from the metro area. Their testing costs are covered as well as fees for the annual cooking competition at the Wisconsin Restaurant Association spring exposition. Milwaukee Board members who are "closet Iron Chef judges" have been invited to participate in this year's judging.

The Milwaukee Chapter is excited to begin its 24th year!!! ❖



MATC Student Chefs



Gourmet Fest 2014

CARMEL-BY-THE-SEA

March 27 - 30, 2014

A four day foodie extravaganza featuring an exclusive roster of Relais & Châteaux Chefs and wine estates.



ProStart: Shorewood High School Team



ProStart: Wauwatosa East High School Team



ProStart: West Bend High School



Images: Top - Michael Tusk
Bottom Left to Right - Aubert de Villaine, William Bradley and Michael White

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Monterey Bay, CA

New York

Northern California

Pacific Northwest, WA

San Diego, CA

Santa Barbara, CA

Vermont

Washington, DC

Wichita, KS

FEBRUARY 2014

1 Farmers Market Chefs
Cooking Class Series
AIWF Dallas/Ft. Worth (TX)

5 The Alcove
AIWF Dallas/Ft. Worth (TX)

8 Farmers Market Chefs
Cooking Class Series
AIWF Dallas/Ft. Worth (TX)

9 Chocolate & Cheese
Wine Pairing
AIWF Dayton (OH)
Chocolate and Port Event
AIWF Pacific Northwest (WA)

15 Farmers Market Chefs
Cooking Class Series
AIWF Dallas/Ft. Worth (TX)

18 Prodigal Gastropub
AIWF Milwaukee (WI)

22 Farmers Market Chefs
Cooking Class Series
AIWF Dallas/Ft. Worth (TX)

16 Champagne & Caviar
AIWF Monterey Bay (CA)

27 – 30 GourmetFest 2014 - (Login
for AIWF Member Discount
AIWF Monterey Bay (CA)

APRIL 2014

9 – 10 AIWF Leadership Conference
& Pebble Beach Food & Wine

10 – 13 Pebble Beach Food & Wine
(Login for AIWF Member
Discount)

23 2nd Annual Cross Border
Terroir Event
AIWF Pacific Northwest (WA)

27 Glen House Art & Wine Event
AIWF Dayton (OH)

29 Milwaukee Club/Auction
AIWF Milwaukee (WI)

MAY 2014

13 Union House
AIWF Milwaukee (WI)

MARCH 2014

15 Defend Your Pinot Noir
AIWF Dayton (OH)

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

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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 February 10 until February 28, 2014 will go into a random drawing. Winners will be notified through a Facebook message on or before March 1, 2014.

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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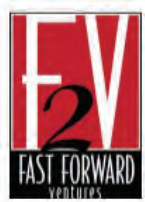


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MARKET Restaurant & Bar	San Diego	Sika Wines / Forgotten Barrel	
Rancho Bernardo Inn	San Diego	Andrew M. Harris, Harris & Associates	San Diego
ROMESCO Baja Med Bistro	San Diego	Marian Meyers	San Diego
San Diego Marriott Hotel & Marina	San Diego	Don Fulton – CIA Greystone	Santa Barbara
San Diego Restaurant Management	San Diego	Juliana Middleton	Santa Barbara
Villa Capri Ristorante	San Diego	Tama Takahashi, Tour & Tasting	Santa Barbara
Jackie's Zest for Cooking	Wichita	Mark Certonio,	South Florida
The Kitchen Place, Inc.	Wichita	Key West Food & Wine Festival	
Uncork Kansas	Wichita	Henry Bronson, Bistro Henry	Vermont
		Linda Fondulas, Newhall Farm	Vermont
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AIWF New Members

November 2013 – February 2014

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Terry & Ketura Booth
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Jessica Lucas
Amy L. Scheer

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COOKING WITH HERBS



Herb and Cheese Filled Chicken Thighs

SERVINGS: 8

- 1 1/2 cups fresh bread crumbs
- 1 1/2 cups freshly grated Parmesan cheese (4 1/2 ounces)
- 2 large eggs, lightly beaten
- 1/2 cup grated Provolone cheese (1 1/2 ounces)
- 1/2 cup coarsely chopped basil

- 1/4 cup coarsely chopped flat-leaf parsley
- Finely grated zest of 2 lemons
- 1 tablespoon finely chopped rosemary
- 16 boneless chicken thighs with skin (about 5 ounces each)
- Salt and freshly ground pepper

1. Preheat the oven to 450°. In a medium bowl, combine the fresh bread crumbs, Parmesan cheese, eggs, Provolone, chopped basil, chopped parsley, lemon zest and rosemary. Set the chicken thighs, skin side down, on a work surface and season with salt and freshly ground pepper. Mound 1/4 cup of the herb-and-cheese filling on each thigh. Fold the sides of the thighs over the filling to enclose it and tie each chicken thigh in 2 or 3 places with kitchen string. Season the chicken thighs with salt and pepper.
2. Arrange the stuffed chicken thighs on a large, rimmed baking sheet and roast for about 35 minutes, or until golden brown. Let the chicken rest for 10 minutes, then discard the strings and serve.



Linguine with Tuna, Walnuts, Lemon, and Herbs

SERVINGS: 4

Keep tuna on hand for quick, last-minute pasta sauces. Lemon zest, lemon juice, and tons of fresh herbs brighten this one. Though Italian cooks stick to canned tuna for this kind of sauce, you might try it with fresh tuna steaks, seared and sliced.

- 3/4 cup walnuts, chopped
- 1 pound linguine
- 1/3 cup olive oil
- 4 cloves garlic, minced
- 2 6-ounce cans tuna packed in oil
- 2 teaspoons grated lemon zest (from 2 lemons)
- 2 teaspoons lemon juice
- 3/4 teaspoon salt
- 1/2 teaspoon fresh-ground black pepper
- 1/2 cup mixed chopped fresh herbs, such as parsley, chives, and thyme

1. In a small frying pan, toast the walnuts over moderately low heat, stirring frequently, until golden brown, about 5 minutes. Or toast them in a 350° oven for 5 to 10 minutes.

2. In a large pot of boiling, salted water, cook the linguine until just done, about 12 minutes. Drain.

3. Meanwhile, in a large frying pan, heat the olive oil over moderate heat. Add the garlic and cook, stirring, for 1 minute. Stir in the tuna and its oil and break up the tuna with a fork. Remove from the heat. Toss the linguine with the tuna mixture, the lemon zest, lemon juice, salt, pepper, herbs, and the toasted walnuts.

Notes: Canned Tuna Brands of tuna vary tremendously. Here we use tuna packed in oil (preferably olive oil), and we count on that oil as part of the sauce. If your tuna has less than one and a half tablespoons oil per can, add more olive oil to make up the difference.

Courtesy of Food & Wine

Mango-Basil Vacherin

ACTIVE: 45 MIN

TOTAL TIME: 4 HRS

SERVINGS: 8

2 pints mango sorbet

Basil Ice Cream

1/4 cup sugar

1/4 cup water

1/4 cup packed basil leaves

2 pints vanilla ice cream, softened

Lime Meringue Kisses

4 large egg whites



1 1/2 cups confectioners' sugar
Finely grated zest of 2 limes

Lime Whipped Cream

1 cup heavy cream

1 tablespoon sugar

Finely grated zest of 1 lime

Diced mango and basil leaves,
for garnish

1. Using scissors, cut the cartons from the mango sorbet. Lay the sorbet on its side and cut each pint into 4 rounds. Arrange the sorbet slices on a plate lined with plastic wrap and freeze until firm.

2. In a small saucepan, combine the sugar and water and bring the mixture to a boil. Add the basil leaves and blanch just until wilted, about 30 seconds. Let cool slightly, then transfer the mixture to a blender and puree until smooth. Let the puree cool. In a me-

dium bowl, stir the basil puree into the vanilla ice cream; leave visible streaks in the ice cream. Freeze the basil ice cream until firm.

3. Preheat the oven to 225°. Arrange racks in the top, middle and bottom of the oven and line 3 large baking sheets with parchment paper. In a medium bowl, whisk the egg whites and confectioners' sugar until smooth. Set the bowl over a pot of simmering water and whisk until warm, about 5 minutes. Remove from the heat and beat at high speed until soft peaks form. Beat in the lime zest.

4. Spoon the lime meringue into a pastry bag fitted with a 1/2-inch round tip and pipe 1/2-inch kisses onto the prepared baking sheets, about 1/2 inch apart. Bake for about 1 1/4 hours, until the lime meringues are firm and dry; shift the pans among the racks 3 times for even baking. Turn off the oven, prop

4. Spoon the lime meringue into a pastry bag fitted with a 1/2-inch round tip and pipe 1/2-inch kisses onto the prepared baking sheets, about 1/2 inch apart. Bake for about 1 1/4 hours, until the lime meringues are firm and dry; shift the pans among the racks 3 times for even baking. Turn off the oven, prop the door open and let the meringues cool completely, about 1 hour.

5. In a medium bowl, beat the heavy cream with the sugar until soft peaks form. Beat the grated lime zest into the whipped cream.

6. Arrange the frozen mango sorbet slices in the bottoms of shallow bowls or on dessert plates. Top with scoops of the basil ice cream. Top with some of the lime meringue kisses and dollops of the lime whipped cream. Garnish with diced mango, basil leaves and more lime meringue kisses. Serve the vacherin right away.

Make Ahead The basil ice cream can be frozen for up to 4 days. The lime meringue kisses can be stored in an airtight container for up to 4 days.

Courtesy Food & Wine

Skillet-Roasted Lamb Loins with Herbs

ACTIVE: 40 MIN
TOTAL TIME: 1 HR
SERVINGS: 8

3 tablespoons extra-virgin olive oil
2 garlic cloves, minced
1 large shallot, minced
1 teaspoon minced rosemary

1 teaspoon minced sage
1 teaspoon minced marjoram
1 teaspoon minced thyme
2 boneless lamb loins with tenderloins attached (about 3 pounds), thin layer of fat and rib apron left on, at room temperature
Salt and freshly ground pepper

1. In a small bowl, combine 2 tablespoons of the oil with the garlic, shallot and herbs. Lay the loins on a work surface, fat side down, and season with salt and pepper. Spread the herb paste all over the lamb. Roll each loin over the tenderloin and rib apron to make a neat roulade. With butcher's twine, tie the meat at 1-inch intervals. Season the lamb with salt and pepper.

2. Preheat the oven to 350°. In a 12-inch skillet (preferably cast-iron), heat

the remaining 1 tablespoon of olive oil until shimmering. Add the lamb loins and cook over moderate heat, turning, until browned all over, about 20 minutes total.

3. Transfer the skillet to the oven and roast the loins for 10 minutes, until an instant-read thermometer inserted in the thickest part registers 125°. Transfer the loins to a carving board to rest for 10 minutes.

4. Cut off the strings. Carve the loins into 1-inch-thick slices and serve.

Suggested Pairing

This lamb could pair successfully with many red wines. Its fragrant crust, though, makes Pinot Noir a particularly good option

Courtesy of Food & Wine





Spicy Herb Salt

TOTAL TIME: 30 MIN

SERVINGS: Plus 2 days drying

The flavor of sturdy herbs like thyme and rosemary is too strong for pesto, but it works beautifully in a seasoning salt. The mildly spicy salt is delicious rubbed over big cuts of meat like leg of lamb or thick steaks, but it's also terrific sprinkled on buttered bread or corn on the cob. (Tip: Try it with butter that's been mashed with the Garlic Confit).

- 1 cup rosemary leaves (1 1/2 ounces)
- 1 cup thyme leaves and tender stems (1 1/2 ounces)
- 2 large garlic cloves, thinly sliced

- 1/2 cup coarse sea salt
- 1 teaspoon crushed red pepper

In a food processor or blender, pulse the herbs and garlic until chopped. Add the salt and pulse until finely chopped. Add the crushed red pepper and pulse to blend. Spread the mixture in an even layer on a large rimmed baking sheet and let stand, stirring occasionally, until dried, about 2 days. Transfer the mixture to a jar or manual spice grinder.

Make Ahead The herb salt can be stored in an airtight container for up to 1 year.

Courtesy Food & Wine ❖

WINE TIP Just Decant It

BY TYLER COLMAN – DR. VINO

Don't you think decanting is beneficial for many wines, young or old? With an older wine, it's a way to separate the wine from any sediment in the bottle, which makes serving much easier. For younger wines, particularly reds that may be high in tannins, an hour or two in the decanter will often bring out aromas and make the wine taste better by exposing it to oxygen. Some people advocate simply pulling the cork in advance, but that won't do the trick—only a very small percentage of wine in the bottle is exposed to air, in that case.



Photo Credit: Bonnie Plants



Photo Credit: Bonnie Plants

The rising cost of food prices, coupled with onslaughts of food contamination outbreaks and produce pulls have many Americans turning to their own backyards to safely and economically grow their own vegetables. Excessive food prices are no doubt one of the biggest catalysts spurring growth for the vegetable gardening category. Vegetable gardening provides a solution to offset food prices at the grocery store, cost of gas getting there, and is quickly becoming much more of a necessity than a hobby for many homeowners. When food prices increase, retailers pass on higher commodity and energy costs to consumers in the form of higher retail prices, according to the U.S. Department of Agriculture.

backyards at a fraction of the price they would have spent at the grocery store. A home vegetable garden is easy to start and doesn't require as much effort as you might think to keep it growing strong. Follow a few simple steps, and you will be enjoying the fruits of your labor in no time.

***Lead with Location:** Most vegetable plants do best in full sun. Find a location that gets six to eight hours of sunlight a day. Place the tallest plants in the back of your garden, so they don't shade the smaller plants.

***Suitable soil:** Enriching the soil with organic matter is essential. It feeds soil organisms, creates spaces for water and air to flow and roots to grow and holds moisture. The cheapest amendment is shredded leaves, if you remembered to stash them away last fall, homemade

Produce Plots:

Bringing Backyard Bounty right to your Door

It is estimated that for every \$100 a homeowner spends on their vegetable garden, they'll receive a \$1,000 to \$1,700 return in produce. Americans are quickly learning that costly herbs, like basil and rosemary as well as lettuces like romaine, can be easily grown right in their own

compost from your own bin, or bagged compost at your local garden center.

When the mix is right, soil will bind together when you squeeze it but break apart when disturbed. This soil is full of living microorganisms that will help feed your vegetable plants. Water will be sufficiently retained yet won't saturate the soil.

***Pick your Plants:** There are tons of vegetable varieties in the marketplace to indulge in. Tried and true varieties will bring you the best bang for your buck, and rewarding results in your grocery garden.

Veggie gardening is, in all cases, environmentally responsible, you can take it a step further by planting vegetables and herbs contained in biodegradable pots, like Bonnie Plants varieties. Bonnie's wide selection of tried and true vegetables and herbs are available in eco-friendly, biodegradable pots. Tear off the bottom, planting pot and plant into the soil. Biodegradable pots not only save tons of plastic pots from ending up in the landfill they also reduce transplant shock.

For best results you'll need to choose veggie and herb varieties suitable to your geographical location. Because Bonnie's varieties are distributed regionally, you will automatically have suitable varieties available to you at retail in your area.

Unless you're an expert, make your



Photo Credit: Bonnie Plants



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Photo Credit: Bonnie Plants



Photo Credit: Bonnie Plants

first garden a manageable size. A 12- x 24-foot produce plot for a family of 4 is a great start. Try these tried and true Bonnie varieties that are easy to grow, and fast to mature.

Crookneck Squash: Harvest all summer long while skins are soft. Keep plants picked so they keep producing. Set three transplants 3 to 4 inches apart, spaced 4 feet apart.

Bonnie Original VFN: Bonnie Original hybrid has earned a reputation for exceptional flavor and high yields throughout the growing season. Space 24 to 36 inches apart.

Better Boy VFN: High yields of smooth skinned, large fruit earn Better Boy a spot as one of the most popular tomatoes grown in the US. Space 24 to 36 inches apart.

Red Bell Peppers: Sweet, juicy, nutritious, high-yielding plants are well adapted throughout the US. Space plants about 18 inches apart in rows 30 inches apart.

Zucchini Black Beauty: You know what they say about zucchini, "plant it and stand back." The fast-growing plants are very easy to grow and will continue to produce abundantly through summer if kept picked. 3 to 4 inches apart in hills spaced 3 to 4 feet apart.

Black Beauty Eggplant: Plants produce 4 to 6 large fruit, or more if kept harvested. Plant 24 to 36 inches apart in rows 3 to 4 feet apart.

Basil – Sweet: Big leaves that are fast and easy to grow. It loves hot weather; always wait until all danger of frost is past before planting in the garden. Three or four plants yield plenty of fresh basil for a family of four. Space 18 inches apart.

Chives: Easy to grow, onion chives pack a lot of flavor for their compact size. The plants form neat grass-like clumps of tubular leaves. Enjoy the light purple blooms in the spring, which are edible, too. Space 8-12 inches.

Curled Parsley: Dark green leaves well known as a classic herb. The nutritious leaves are high in iron and in vitamins A, C, and E. The high chlorophyll content makes it a natural breath sweetener, too. Space 12 inches apart.

Rosemary: Unlike most herbs, rosemary has a stronger flavor when fresh than when dried. Cut sprigs anytime for fresh use. Spacing 2-3 feet.

You'll be surprised how quickly vegetables develop. Most grow from a tiny transplant to a full harvest in 30 to 90 days.

Water wisely

For most vegetable plants, one inch of water per week is adequate. An efficient way to deliver the proper irrigation is by using soaker hoses or drip irrigation lines. The water is delivered slowly and evenly, allowing roots time to absorb the moisture and soil to adequately hydrate. But however you water, try to do so at the soil level only. This will help to keep the foliage dry. Wet foliage for extended periods can promote diseases.

Patient pest control

Although pests are usually a given at some point in a vegetable garden, nature usually takes care of the problem. If you must use insecticides, apply them responsibly. That means only late in the day — and then only when necessary. Never apply pesticides in the morning when beneficial insects are most active. Otherwise, you'll likely kill them as well.

Frugal fertilizing

Too much fertilizer, especially nitrogen can promote plenty of lush green growth but at the expense of less fruit and a smaller harvest. Excessive fertilizer can also harm plants and soil.

Starting your own grocery garden will ensure vegetable and herb flavor and freshness, save you money on your grocery bill (and gas getting there), allow you to grow it your way and rest easy about recalls of tainted produce. ❖

For more information on vegetable and herb varieties as well as gardening tips visit www.bonnieplants.com



Photo Credit: Bonnie Plants

Six Steps for Container Garden Success

You don't need a plot of land to grow fresh vegetables and herbs. Herbs are a common choice for container gardeners, but many vegetables lend themselves well to container gardening too. With some thought to selecting bush or dwarf varieties, almost any vegetable can be adapted to growing in a pot. Vegetables that take up little space, such as carrots, radishes and lettuce, or crops that bear fruits over a long period of time, like tomatoes and peppers, are perfect for container gardens.

What you can grow in containers is limited only by the size of the container and your imagination. How about a

Summer Salad container? Plant a tomato, a cucumber and some parsley or chives all in a large (24-30") container. They grow well together and have the same water and sun requirements.

Here's six steps for container garden success

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 plants are six weeks or older when you put them in the pot, and you'll begin harvesting much sooner. Bonnie Plants offers a wide



Photo Credit: Bonnie Plants



Photo Credit: Bonnie Plants



Photo Credit: Bonnie Plants

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 and 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: sphagnum peat moss, 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, and large enough to accommodate your plants as they mature. Almost anything can serve as a container—flower pots, pails, buckets, wire baskets, bushel 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 that the pot has a drainage hole in the bottom.

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.

5. Put pots in a sunny spot. At least 6 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.

6. Water regularly. Vegetables are at least 90% water. To produce well, they may need daily watering in hot weather. The easiest way to do this is set up a drip system on a timer. It's a little more work on the front end, but it makes for as close to auto-pilot watering as you can get. (Most herbs, except the big-leaved ones like basil, can get by with a little less water.) Be sure to water before the sun goes down, leaves will need to dry before nightfall.

Be on the lookout for key words like: bush, compact, and space saver. Here are some veggie and herb varieties to get your container gardens growing.

- Eggplant: Hansel Mini eggplant
- Green Beans: (Pole beans give a higher yield in a small footprint) Blue Lake, French Dwarf
- Leaf Lettuce: Buttercrunch, Bibb
- Peppers: Cubanelle, Sweet Banana, Jalapeno
- Tomatoes: Patio, Husky cherry Red, Sweet and Neat, Bush Early Girl, Bush Goliath, and Better Bush
- Greek Columnar Basil
- Any herb will do well in a pot! ❖

For more information on vegetable and herb varieties, gardening tips, ideas and advice, visit www.bonnieplants.com

The White Way to Drink in Bordeaux



Lounging at wine bars is a popular afternoon diversion.

Bordeaux, France – From the Pyrenees Mountains along the Spanish border in southwest France, the winter snow melt runs north in the spring, filling the streams and rivers of the Pays Basque and Aquitaine regions. It flows into the limestone soils of Bordeaux and nurtures the roots of the vineyards, plumping the fruit until, as at the wedding in Cana, water is miraculously changed into wine.



The limestone buildings curl against the Garonne River giving both the wine and the city its special character



Ancient medieval city of Saint-Emilion produces an elegant red wine

The vineyards of Bordeaux are fed by three mighty rivers that form the four natural borders of the world's oldest and largest fine wine region. Shaped somewhat like a wishbone, the water network is muddy, grabbing soil as it moves north towards the Atlantic.

The Garonne flows from the south and the Dordogne from the east, capturing the Entre Deux Mers (between two seas) region inside, before meeting above the city of Bordeaux and forming the Gironde River, which flows on past the Medoc wine regions northwest on its way to the ocean. This is where some of the greatest red wine in the world is produced at legendary vineyards such as Chateaux Latour, Mouton-Rothschild and Margaux.

To the east the Dordogne guards the exquisite red wines of Saint-Émilion, Pomerol and the Fronsac regions.

The major Bordeaux red grapes are Merlot (the largest crop) and Cabernet Sauvignon, which are blended with Cabernet Franc and Petit Verdot in different ratios every year according to the vagaries of the terroir (soil, climate and weather) and the ripeness of the grapes, to produce the different

regions signature wines. It is why each year the Bordeaux blend is different and why some years produce better vintages than others.

This May was especially wet, raining almost every day. The vineyards were like rice paddies. It even hailed in the last week of the month. The vineyard master at Chateau Margaux told me that the vines feet were lying in water and if things didn't dry up in 10 days this year's harvest would be "a disaster."

In the southwest the Garonne divides the white wine regions of Sauternes and Graves from the Entre Deux Mers. The white grapes of Bordeaux are primarily Sauvignon Blanc and Semillon, Sauternes being honey sweet, Graves dry and minerally and Entre Deux Mers fruity, with citrus overtones on the palate.

The Entre Deux Mers region was a revelation to me. Bordeaux whites are extraordinary, with great flavors and complexity, and amazing values when you consider that the best reds can cost upwards of \$200 a bottle whereas these whites hover in the seven to \$15 range. I found that I preferred the white wines to the reds, and saved my bank account.

The city of Bordeaux is the main hub of the 57 appellations that make up

the Bordeaux wine region, which spans approximately 360,000 acres. It is less than a three-hour train ride or 45-minute airplane flight from Paris.

Built out of the same straw-yellow limestone that informs the wine, it is France's sixth largest city. It faces east, gathering like a croissant along a bend in the Garonne River.

Over the last two centuries, English ships would dock to fill their holds with the fine Clairet produced in the area, a light and delicate red wine similar to Rose and favored by the British. It is still produced in limited quantities for the English market.

A UNESCO World Heritage site, Bordeaux's architecture is primarily from the mid 18th century and matches quite harmoniously with older and newer buildings, all constructed out of the same limestone with similar design. The city is adorned by a profusion of fountains, parks and monuments.

Start your tour of the wine country at the Maison du Vin de Bordeaux in the center of town. An immense building, it houses the CIVB, offices for the wine professionals of the region. It also houses the Wine School, where you can take a two-hour course that is invaluable in



Children and adults cool off in the mist of a city fountain



The vineyard master at Chateau Margaux thins the vines. He's worried this year could be "a disaster" if it doesn't stop raining soon



The massive Maison du Vin de Bordeaux building (CIVB) in the city center, noted for monuments, parks and modern transportation

explaining the intricacies of the area wines (22 Euro), and the Wine Bar, where you can sample from 10,000 bottles in the cellar. Nearby is the L'intendant wine shop with a very knowledgeable staff.

The tourist office is just across the street and also can supply information on the vineyards and arrange guided and self-guided tours.

Bordeaux is a college town of 75,000 students and supports a very active nightlife in the back alleys of Old Town off the mile long walking street Rue St. Catherine, which provides the best shopping in town.

IF YOU GO

Some of the vineyards that I visited in the regions around Bordeaux include Chateau du Grand Moueys, which makes delicious whites and Clairets, Chateau La Dame Blanche, another great white wine producer, Chateau de La Riviere, Chateau du Taillan, Lynch & Bages, Chateau Marojallia, La Winery Philippe Raoux, which has a shop that features wines from around the world and a beautiful vineyard restaurant, Chateau Lanessan, Chateau Loudenne, a pink estate overlooking the Gironde River that once belonged to the Gilbey Gin family. Rooms are available here and come with breakfast. Many of the Chateaux in the area are open to guests and it's a special way to immerse oneself in the wine culture.

Local food specialties include white asparagus in the spring, foie gras, Arcachon Bay oysters that taste of the sea without being too salty, lamprey in Bordelaise sauce (an acquired taste), grilled entrecote steak cooked over vine cuttings, and for dessert macaroons and the great pastry of the area which you must try warm, caneles, little caramelized cakes with a crusty exterior from being baked in fluted tins, and a custard-like interior. C'est magnifique!

Restaurants that feature local specialties include Le Noailles for seafood, Chez Greg, Le Cinq, Le Bouchon Bordelais (great traditional wine restaurant atmosphere, and they serve lampreys for the adventurous) and Restaurant L'Orleans for oysters and entrecote steak.

The French Tourist Office in Bordeaux www.bordeaux-tourisme.com and New York www.franceguide.com. (212/838-7800), publish a number of free pamphlets and maps, information on special events, festivals, museums, self-guided tours, and places to stay, from chateaux to hostels. In Bordeaux I stayed at the elegant Regent and the Normandy, both near the The Bordeaux Wine Council (CIVB), the best place for information on the vineyards, www.vins-bordeaux.fr. ❀

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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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