

Winter 2008 / Week 3

Planned harvest: Tokyo Bekana, Eggplants, Navel Oranges, Sweet Potatoes, Butternut Squash, Spring Salad Mix, Kale, Kohlrabi.

Drinking Locally 2: Wine (by Tom Branson) Some people might not be aware that Arizona has its own distinct wine. There are two major wine growing areas in the SE corner of the state around Elgin and Wilcox and one micro growing region in Oak Creek Valley outside of Sedona. The wine pioneers first set up experimental wine growing labs in the state over 30 years ago, and for the past 10 years, vineyards have spread all over the appellation area of Wilcox and over to the high desert country of Elgin. A few years ago, some more adventurous growers have zoned in on the cavernous lands of Cornville and the valleys along the Oak Creek River.

Arizona wine makers have discovered that they can successfully grow Rhone varietal grapes, with similar soil and climate conditions to those in the southern Rhone river valley in France. French Rhone wines are some of the most coveted among wine collectors, and here in Arizona winegrowers have successfully cultivated those unique red varieties such as Mourvedre, Grenache, Petit Syrah and Syrah, and white grapes like Marsanne Roussane and Voignier to name a few.

Wines from all major wineries from the Wilcox, Sedona and Elgin areas are available locally at Indulgence. Here are some of the more noteworthy wines:

Wilcox, Elgin

Kokopelli Meritage: A lovely blend of their reserve Cabernet Sauvignon, Shiraz and Merlot. The Meritage represents the best of the winery and is a brilliant showcase of elegance at an affordable price. Soft, smooth dark fruits on the palate and yet possesses some medium tannins and a long finish. Rating: 88 points

Kokopelli Imperial Kir: A unique sparkling wine blend with real raspberry juice to create an easy drinking, exquisite bubbly champagne for the holidays.

Dos Cabezas La Montaña 2005 Red: - A blend of Petit Syrah and Merlot. It exhibits all of the characteristics that one would expect in a top flight wine - fruit, mouthfeel, texture, spice and a long finish. Rating: 92 points

Callaghan Claire's 2005 Red: A Rhone-style blend of Mourvedre, Syrah and Petit Syrah - caramelized black fruits and jam, toasted nuts, spice and red Elgin earth. An absolutely scrumptious wine with a deep, long and chewy finish. As *Callaghan* states, "like eating cherry/blackberry jelly right from the jar." Rating: 92 points

Sedona, Cornville

Page Springs Vino de La Familia Red: A full-bodied, dark-wine that could stand up to the richness of the setting; a velvety, mouth-watering and delicious experience. Rating: 89 points

Page Springs Vino de La Familia White: A fragrant, aromatic tropical wine. With roots in the northeastern Mediterranean, this liquid landscape is ancient and new and conjures up the subtle and warm misty breezes from the Adriatic Sea. Rating 89 points

Oak Creek Chardonnay - Wonderful, buttery and rich with nuances of vanilla and spice from the aging in American oak that is creamy on the palate and has a long finish. Rating: 89 points

Two Pickling Recipes (submitted by Regina Browne)

Black Radishes

1-2 cups thinly sliced radishes
2 Tsp sugar
2 tsp sea salt

Toss together and let sit about 30 minutes. Drain off excess liquid and pat or squeeze dry. Eat as is, or add dressing below:

1 Tsp Tamari or Shoyu
1 Tsp brown sugar
1/2 tsp sesame oil
a good pinch of chili powder

Pickled Turnips (or black radishes)

Pickling solution
3 cups water
1 cup vinegar
1/2 c sugar
1 Tsp sea salt
1/4 c julienned ginger root
garlic, and fresh chilis if you want

Boil and set aside the pickling liquid.

2 bunches of Japanese turnips, radishes, etc. Add anything you would like pickled (cauliflower, onions etc.). Slice or halve. I am not sure exactly what "2 bunches" are... but you can see you have 4 cups of liquid and that will cover a lot of veggies.

Put the veg in a jar or covered bowl and pour in the solution, If you don't use all the liquid, save it in a jar and use it again. It will keep 1 - 2 weeks in the fridge.

Cold pasta salad with fresh dill (submitted by Mara Branson)

6-8 oz. package of penne pasta
1 can pitted black olives cut in half
2-3 ripe tomatoes, chopped
1 bunch of dill (don't be scared to use a lot of dill) – chopped
~1 cup of crumbled feta cheese
Mix cooked pasta with the other ingredients.
Add a couple of tablespoons of olive oil, salt and pepper to taste. The salad tastes better if it's left the fridge overnight.

Greek Egg-Lemon Soup (Avgolemeno) – submitted by Chris Dimitrakopoulos (Easy and GOOD)

You can make your own chicken stock, in which case you just use the chicken meat in the soup, or you can add left over chicken or lamb or no meat at all (in which case, of course, you would use veggie stock!)

STOCK

1/2 cup rice
3 eggs
2 lemons or 1 cup juice
Fresh Dill (optional)
Protein (Optional as above)

Add rice to stock, cook until rice is tender (about 25 minutes). Add lemon juice (and protein, if used).

In bowl, beat eggs till frothy. SLOWLY dribble in hot stock until egg mixture is warmed (taking care not to curdle).

Add egg mixture to remainder of stock. Sprinkle fresh dill into/onto soup. Enjoy.