

Side dish

Grilling tips

Want something different on the grill this summer? Think fresh fish and seafood for cooking on the grill.



Red Lobster Executive Chef Keith Keogh offers suggestions for cooking seafood, including this grilled lobster. When you're ready to cook, make sure the grill is hot. A lukewarm grill may cause the fish to stick. Also, put the fish on the grill with the bone or uneven side down first (if you put the flat side down first, the fish may crack when you turn it.)

You can marinate fish for two hours before cooking it, but Keogh also suggests using a light coat of olive oil, salt and pepper or oil with favorite herbs. For added flavors, try ground celery seed, crushed capers, garlic, marjoram and thyme.

Beer and cheese

If you're looking for something new to liven up your summer entertaining, the Wisconsin Milk Marketing Board recommends pairing



Wisconsin cheeses with beer (with the beer consumed, of course, in moderation).

With more than 350 varieties and types of Wisconsin cheese to choose from, there's a cheese for any palate when it comes to mixing and matching cheeses with flavorful beer, said Dana Tanyeri, director-national product communications at WMMB. Beer's slightly bitter flavor and its effervescence counter the richness of aged cheeses and cleanse the palate.

WMMB suggests that lighter-flavored beers go with lighter-flavored cheeses, such as Mozzarella or Provolone. Strongly flavored beer need assertive cheeses, such as aged Wisconsin Gruyere or surface-ripened Brick.

For more pairing tips, recipes and information on Wisconsin cheese, visit the Wisconsin Milk Marketing Board's Web site, www.wisconsincheese.com.

Grill contest

Enter the Reynolds BBQ University Sweepstakes and you could win a trip for two to learn grilling from PBS television host, Steve Raichlen at his September 2003 session.

The prize package includes round trip airfare, morning wine-making demonstration, breakfast, lunch and dinner daily; and luxurious accommodations - all at the beautiful Greenbrier resort. The Greenbrier is an award-winning resort nestled on 6,500 acres in White Sulphur Springs, W. Va.

To enter, visit reynoldsbbq.com, click on the Sweepstakes. Contests and Promotions link in Special Features and then select the Reynolds' BBQ University Sweepstakes page. The sweepstakes ends July 15, 2003.



PHOTOS BY BILL BRESLER | STAFF PHOTOGRAPHER

Marlene O'Brien sorts corn at the Plymouth farmer's market. Marlene and her husband, Dave, run a produce stand, which is a longtime fixture at the market, located in The Gathering, across from Kellogg Park. On this cold and blustery late Saturday morning customers had just about cleaned out their stock.

Small town market

Farmers sell pride in produce, sweets, flowers

BY DIANE GALE ANDREASSI
CORRESPONDENT

Eating fresh produce is healthier for the body and talking to the people who grow it does something for the soul, too.

That's the lure for the markets, featuring locally-grown produce, flowers, baked goods and even crafts that sprout up in our neighborhoods in spring and keep us nourished physically and spiritually through fall. It seems as important to these growers to swap stories about weather, growing conditions and tips on how to prepare the vegetables than exchanging their goods for money.

For a few hours once a week, many of our hometowns take on the charm of bygone days when townsfolk sold their crops. Farmers visit the communities of Rochester, Livonia, Plymouth and Farmington to sell their goods throughout the summer and early fall.

ROCHESTER

Our pace is slower as we walk between the tables of tomatoes, apples, fresh corn, homemade preserves and baked goods. The indifference we have for the food we buy in



Virginia Fehlig checks out the corn at the Plymouth farmer's market.

grocery stores suddenly becomes fascinating. The shopping chore becomes an outing.

Especially if you're lucky enough to run into growers like Richard (Cousin Don) Hobson, who has been selling his produce, fresh eggs and other farm goods at the Rochester Farmer's Market all four years the market has operated.

"Now we're getting to know people by name," he said. "There's a real connection with people."

Growers like Hobson come to the Rochester Farmer's Market with lush flowers to be planted in the ground, hanging baskets and shrubs in early spring and whatever is in season as the summer and fall

'We're beyond organics. We want you to check out the farm and what's growing around.'

Richard Hobson
Rochester Farmer's Market vendor

PLEASE SEE MARKET, D2

FARMER'S MARKETS

Rochester: Every Saturday 8 a.m. to 1 p.m. until the end of October. Located on the corner of Third and Water streets, one block east of Main.

Livonia: Wilson Barn Farmer's Market, on the northeast corner of Middlebelt and West Chicago, every Saturday starting June 14 through Sept. 27. Every Saturday, from 8 a.m. to 3 p.m. Parking is at Emerson Middle School on West Chicago.

Livonia: Greenmead Farmer's Market is June 12 through Oct. 16, every Thursday from 9 a.m. to 2 p.m. Also offering farm complex tours this year from 11 a.m. to 2 p.m. on market day. Spectators will be shown the Hill house, the barn and the farm hand's house. Greenmead is on the southwest corner of Newburgh and Eight Mile.

Plymouth: Saturdays from 7:30 a.m. to 12:30 p.m. On Penniman between Main Street and Union, across from Kellogg Park next to the Penn Theater.

Farmington: Open from 9 a.m. to 2 p.m. throughout the fall. Located on Grove Street between Grand River and the Downtown Center entrance. Organizers are looking for vendors to sell local produce, craft items, garden plants, jam and jellies, organic fruits and vegetables, bakery goods and eggs. For more information contact Brent Morgan, city of Farmington Downtown Development Authority executive director, at (248) 473-7276.

New Shafer Vineyards releases highlight 'place' phenomenon

Ed Sbragia, the 25-year veteran winemaker at Beringer Vineyards in Napa Valley, recently told us there is very little difference in the way wine is made from one winery to another. The important element is where the grapes are grown; the place and the vineyard dirt determine the ultimate character of the wine that ends up in your glass.

Great stretches of land for growing wine abound in California's Napa Valley. Howell Mountain, the Rutherford Bench, Carneros, Diamond Mountain and Mount Veeder are now globally recognized as special areas to grow grapes.



Focus on Wine
Ray & Eleanor Heald

Each of these places or appellations offers a distinctive character to wine.

Vineyard owners and workers who toll these lands hope that you recognize this in the wines.

PLACE DISTINCTIONS

We were reminded of the 'place' phenomenon when we

recently tasted three new releases from Shafer Vineyards. John and Doug Shafer, father and son, farm 200 vineyard acres in Carneros, Oak Knoll, St. Helena and adjacent to the winery in the Stags Leap District.

These are sources for Shafer chardonnay, cabernet sauvignon, sangiovese, merlot and syrah. On the label, the Shafers always state where the grapes are grown. It's important to them and they hope to you, too. Shafer 2001 Chardonnay (897) is grown on a single-vineyard site, Red Shoulder Ranch, located in the cool Carneros District, at the southern end of

Napa Valley. The name honors the red-shouldered hawk that plays an important role in Shafer's natural farming practices. Grapes for this wine come from five clones of chardonnay that are fermented using yeasts that are native to the vineyard. To retain the wine's bright acidity essential to pairing it well with food, it does not undergo malolactic fermentation.

"This is our first release from the 2001 vintage," Shafer's winemaker Blas Fernandez said. "and it's simply a peak behind the curtain for the show to come."

The 2000 Firebreak (833) is a spicy blend of sangiovese with

a touch of cabernet sauvignon. Many California vineyards have lost the battle trying to make great wine from sangiovese. The vine grows like a weed, the bunches and berries are often large and the juice is frequently undercolored with high acidity. The Shafers planted sangiovese in the Stags Leap District on a rocky knoll that showcases the concept of place. Sangiovese grows well there and the proof is in the wine. It's outstanding. The Shafers severely prune the vigorous sangiovese vines and remove excess fruit, so that what remains ripens to achieve

PLEASE SEE WINE, D3