

EDIBLE SONOMA

Spring 2006

Celebrating the Abundance of Sonoma County, Season by Season

Number 11



Tops in Biodynamic Wines

So, the wine is biodynamic...but does it taste good? Recently, one of the largest gatherings of winemakers who've embraced this labor-and-spirit intensive style of wine making got together in San Francisco at the BD Forum (www.biodynamicsform.com) to talk about, what else, but the wine. Because early pioneers of biodynamics—which takes into account organic principles, in addition to more specialized farming techniques using animals, the phases of the moon, and, well manure-filled cow horns—were more about the technique rather than the actual taste of the wine. Which often wasn't all that great. Things are starting to look up, way up, for many local producers...including Sonoma County's Quivira Winery, who recently got its biodynamic certification. Also tops was Napa's Grgich Hills, who's Fume Blanc simply rocks.

Screaming for Ice Cream

Locals may know Screamin' Mimi's (6902 Sebastopol Ave., Sebastopol, 707.823.5902) by heart, but it's worth shouting from the rooftops about this Sebastopol ice creamery, now that warmer weather is upon us. With a selection of fresh, locally-sourced ice creams, it a great summer evening hang-



out. If you'd rather sit home on the porch and dig into a pint, Lalo's Goat Milk ice cream, created by local herdsman Laura Howard, is available at several specialty grocers (including Whole Foods) in flavors like Lemon Chiffon, Strawberry Darling and Sonoma Mission Fig.

Marion Nestle Tells Us What to Eat

Marion Nestle, the Paulette Goddard Professor of Nutrition, Food Studies & Public Health at New York University, will be at COPIA on May 13, 2006 to discuss her latest book, *What to Eat* (North Point). The book guides readers through the supermarket aisles exploring questions about the freshness, taste, health and safety of today's foods. ♦15

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GOAT'S MILK ICE CREAM COMPANY