

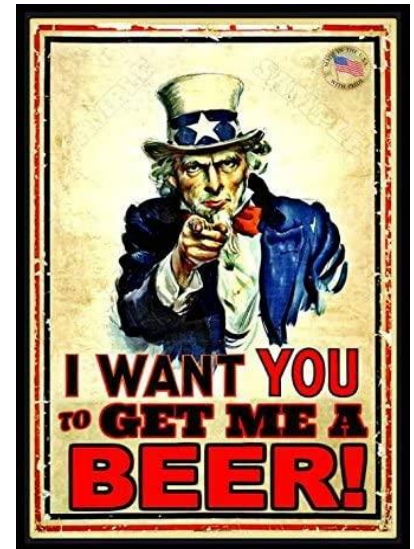


## SIPPING TIME

### Beer's role in the American Colonies

Written By, Matthew Goettsch

Alcohol has played a major role in our nation's history, and its use is a part of our heritage. In colonial times, Americans probably drank more alcohol than in any other era. Alcohol in all forms were an integral part of daily life throughout the colonies no matter the geographic or economic differences. It was reported that the average American drank eight ounces of alcohol a day. Americans drank beer and cider with breakfast; rum and wine with dinner; claret, ratafias, creams, punches, and other concoctions in the evening.



There are a number of reasons for all of this tippling. Our English heritage declared that water was bad for a person's health. Given the sanitary standards of the day this was probably true. Beer consumption especially, was seen as a healthy substitute for water. Beer was considered a food, which showed social status and allowed for persons to put in a full day's work.

Americans of the period believed it was safer and healthier to drink lukewarm beer during hot weather rather than drink cold water. Signs were displayed at public wells warning individuals of the dangers of cold water during the summer. The rationale for this is that when a person sweated, heat was conducted from the inside of the body. Therefore, the stomach needed warmth, which could be provided by alcohol.

Beer usually replaced water as the daily drink. An early morning tankard of beer was typical in colonial America, even for children. The Pilgrims loaded more beer than water on the Mayflower for their trip to the new world. There is some evidence that they anchored at Plymouth, rather than Virginia, because the ship's crew wished to make sure they had enough beer to consume on the return voyage.

The ingredients for beer did not grow well in New England. As a substitute, the Puritans made do with hard cider. The many apple orchards of the area were planted for its production. Men usually began the day with a quart or more at breakfast.

The sober picture we have of George Washington is not correct if we are to believe anecdotes of his day. It was said that he could dance the night away with four bottles of wine under his belt. And, that his Revolutionary War personal expense account for alcohol from September 1775 to March 1776 amount

to over six thousand dollars. He was a devout lover of beer; in particular a dark porter was always in ample supply at Mount Vernon. A typical Washington hosted dinner at Mount Vernon "included several wines, beer, cider."

With all the drinking that went on during this era, one tends to wonder how we fought a war, won our independence, and established a government. Perhaps the Spirit of '76, which inspired our forefathers, was indeed spirits.

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## The Other Spirit(s) of 1776

Written By, Jess Rogers

**"Beer is living proof that God loves us and wants to see us happy." - Benjamin Franklin**

**"Wine is necessary for life." - Thomas Jefferson**



Independence Day is a great day to appreciate our nation's founding fathers, and a great time to marvel at their drinking habits. In colonial America, the average consumption of alcohol per adult was 7 gallons (present day average is just over 2 gallons). Colonists drank primarily rum, beer, cider, and whiskey made domestically. However, trade ships regularly imported rum from the Caribbean and wine from Spain, Portugal, and Italy to those who could afford them. More boozy facts:

- The Boston Tea Party may have been the most famous colonial protest of taxation, but the biggest source of frustration among colonists was heavy taxation of French molasses, which was imported and used in New England to make rum.
- The bar tab for the signing of the Declaration of Independence included 54 bottles of Madeira, 60 of Claret, 22 of port, 8 hard cider, 12 beers, 7 bowls of alcoholic punch and 8 bottles of Whiskey.
- Thomas Jefferson was the most knowledgeable wine connoisseur of the time. He had a wine cellar filled with hundreds of bottles imported from Italy and Spain. After his presidency he remained the wine advisor to several subsequent presidents.
- After his presidency, George Washington used the rye grown on his property to distill rye whiskey. By 1799 he was running the largest distillery in the country. After his retirement he sold his distillery, which continued production until it was destroyed by fire in 1814. In the mid-1990s the remains of the distillery were excavated and rebuilt.

## Martha Washington's Original Rum Punch Recipe

- 4 oz of fresh lemon juice
- 4 oz of fresh orange juice
- 4 oz simple syrup
- 3 limes, quartered
- 1 lemon, quartered
- 1 orange, quartered
- ½ t. freshly grated nutmeg
- 3 cinnamon sticks, broken
- 6 cloves
- 12 oz boiling water
- 8 oz of light rum
- 8 oz of dark rum
- 4 oz of orange Curaçao



In a container, mash the orange, lemons, cinnamon sticks, cloves, and nutmeg. Add the syrup, lemon, and orange juices. Pour the boiling water over the mixture in the container. Let cool for a few minutes to allow the spices to open. When cool, add the white rum, dark rum, and orange curacao. Strain well into a pitcher or punch bowl (to remove the spice marinade). Serve over ice in goblets and decorate with wheels of lemon and orange.

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## Best White Wines for Summer

Written By, Karen Carlson

When the heat is getting to you and you're looking for the perfect refreshing glass of wine—or something to mix into a spritzer—white wine is an incredible option. Look for white wine with some of these qualities:

- High acidity
- Light to medium body
- Dry taste

If you pick up a bottle of sweet wine, try to make sure that it also has a high acidity. The fruity sweetness of peaches and honeycomb partners particularly well with citrusy notes. Look for a dry white, which will be quite different from a dry red; the driest white wine is not nearly as dry as a high-tannin red.



Many white wines have a good bite to them, making them wonderful partners to seafood and cream-based dishes. Make sure to pick up a light- to medium-bodied wine to pair with your food—steer clear of full-bodied chardonnay options.

- **Riesling**

Available in both sweet and dry versions, Riesling is one of the most aromatic wines out there. This refreshing option makes for a wonderful table wine because it pairs well with a variety of foods.

- ***Frisk Prickley Riesling, Victoria Australia (\$11.99)***: Crisp and zippy; lime, pear, green apple notes; with just a tinge of sweetness, it's a perfect pairing for both sweet and spicy dishes or simply on its own.
- ***Chateau Ste Michelle, Columbia Valley Washington (\$10.99)***
  - ***Dry Riesling***: Notes of citrus and bright natural acidity pairs well with mild cheese, seasonal salads and fresh seafood.
  - ***Riesling***: Peaches and ripe apples, not acidic but a delicate sweetness and spritz finish. Pairs well with chicken or pork.
  - ***Harvest Select***: Sweeter than a classic Riesling as its grapes are harvested later in the summer and therefore has more residual sugar. Displays aromas and flavors of peaches and apples, with subtle notes of pear. Great dessert wine or pair with fruit, crab or Asian dishes.

- **Pinot Grigio**

Also known as pinot gris, this variety of wine typically comes from Italy and France. Depending on the region in which it was created, the flavor profiles can vary significantly. The acidity of this easy-drinking wine pairs perfectly with seafood.

- ***Prophecy, delle Venezie, Italy (\$12.99)***: Light texture, flavors of citrus, tropical fruits and honey. Not too sweet but balanced. Pairs well with shellfish or vegetarian dishes.
- ***Sea Glass, Santa Barbara County California (\$12.99)***: Aromas of lemongrass, grapefruit and honeysuckle with flavors of pear, apple and hints of tangerine. Fits naturally alongside seafood or Asian fare with a hint of spice.

- **Sauvignon Blanc**

One of the best wines for summer, sauvignon blanc has exploded in popularity. Creamy, spicy, and both acidic and soft, it's an incredibly versatile choice.

- ***Joel Gott, Napa California (\$13.99)***: Wine opens with ripe, tropical fruit flavors followed by crisp, refreshing acidity. This is an easy cocktail wine or with fare like flatbread or salads.
- ***Chasing Venus Marlborough New Zealand (\$17.99)***: Classic Sauvignon Blanc with aggressive flavors of grapefruit and gooseberry followed by a crisp and lingering finish. Serve with shellfish, vegetarian dishes or goat cheese.

- **Albariño**

Spain's quintessential white wine, albariño is made from a variety of white grape that creates

the perfect refreshing glass of wine. You'll taste notes of buttercup and peach and a salty touch of brine.

- ***Burgans, Rías Baixas Spain (\$14.99)***: Lots of citrus, some nectarine, touch of salt, very light and zingy. Pairs exceptionally well with scallops or pasta.
- ***Lagar de Santina, Rías Baixas Spain (\$16.99)***: Clean citrus character makes for good acidity on top of light apple notes. Pairs well with chicken paella.

- **White Blends**

When you have a bottle of a white blend, complex flavors will ignite your taste buds. Blends are better enjoyed a few degrees warmer than other chilled white wines. This summer try blends of sauvignon blanc and semillon.

- ***Conundrum, California (\$16.99)***: This wine is both exotic and bright with a blend of Chardonnay, Sauvignon Blanc, Semillon, Muscat Canelli and Viognier. Crisp, citrusy and acidic with notes of pineapple, pink grapefruit and pear. Pair with pasta, pork, shellfish or poultry.
- ***Pine Ridge, Napa Valley California (\$14.99)***: A blend of Chenin Blanc and Viognier, this wine is semi-dry with notes of citrus and tropical fruit without overpowering. Decently acidic, medium light body. Pair with summer salads, turkey sandwich or crab cakes.
- ***Evolution White (\$16.99)***: Aromatic wine with heaps of citrus notes like lychee and lime zest, hints of tropical fruit and just a touch of melon. Bright acidity lingers on the finish to balance with residual sugar. Pair it with anything with a kick! Thai curry, tandoori chicken, spicy tuna rolls, chili lime peanuts!