

edible EVENTS

This list of events and ideas is brought to you by Serena Bartlett, writer, explorer, grower of green beans, and publisher of GrassRoutes Urban-Eco Travel guides. Remember to send in your events, ideas, and new products so she can write on! events@edibleeastbay.com.

New This Summer

Tour:

Gourmet Ghetto Walking Tour

Thursdays, 2-5pm, Berkeley

Follow epicurean Lisa Rogovin around Berkeley's Gourmet Ghetto, samplings Parisian-style macaroons, NYC deli pastrami, raw foods, tea and crispy potato puffs all in one tasty afternoon. Stops on the tour through the historic culinary mecca will include the original Peet's Coffee & Tea in Walnut Square, the eclectic food shops at Epicurious Garden, the Vintage Berkeley Wine Shop, and the area's weekly all-organic farmers market. More info: inthekitchenwithlisa.com, 415.806.5970.

Taste:

Biscotti di Suzy

When Biscotti di Suzy was bought by Crunchy Foods, a local Oakland company, the bakery set up shop here in the soulful city. Beyond creating a tasty biscotti, authentic to the Italian original, this business is a good local citizen, banking locally, and taking good care of its Oakland-native workers. Plus, they bake without trans fats. Their lemon almond and chocolate-dipped almond anise cookies are the only way to get me out of bed before 10 a.m. on a Sunday. Find them at Andronico's, Farmer Joe's and other local markets. More info: crunchyfoods.com

Read:

Living Abroad in Coasta Rica, 2nd edition, 2008, by Erin Van Rheen, Avalon Press

When East Bay-ers take a trip, it is often a relief to come back home to the nice climate and tasty foods. But Costa Rica is so full of all the things we love, it is a place that is hard to return from. Bay Area native Erin Van Rheen shares time comfortably and gloriously between these two beautiful lands. Some of her reasons: peace 24/7 (the army was abolished a long while ago), being called

mi riena (my queen) by waitresses, and eating delicious gallo pinto, the Costa-Rican bean dish. livingabroadincostarica.com/living/cost

View:

Up the Yangtze

There's an old Chinese saying that goes, "Training is bitter, but the fruits are sweet." China's new Three Gorges Dam will displace several million people from the land their families have farmed for countless generations, a phenomenon that's happening all around the world with mass migrations of farming families into a strange new world where food has to be purchased instead of grown. Up the Yangtze is a film to see and ponder. It plays in theaters in San Jose, San Ramon, Berkeley and San Francisco through August. More info: nfb.ca/webextension/up-the-yangtze. Then go to give-meaning.com and search the title of the film to find the fund set up to help the family depicted in Up the Yangtze.

On Going

Thursday Night Live in Oakland

August 7, 21, September 4, 18, October 2, 16

Every other Thursday night, Oakland is up late with free music and good food. In Old Oakland, there's a bar located conveniently in the middle of Washington Street near the main stage; oakland-events.net. Follow your nose up to Grand Avenue for more music, plus great food and wine at Zza's; zzaswinebar.com

Tea and Tunes

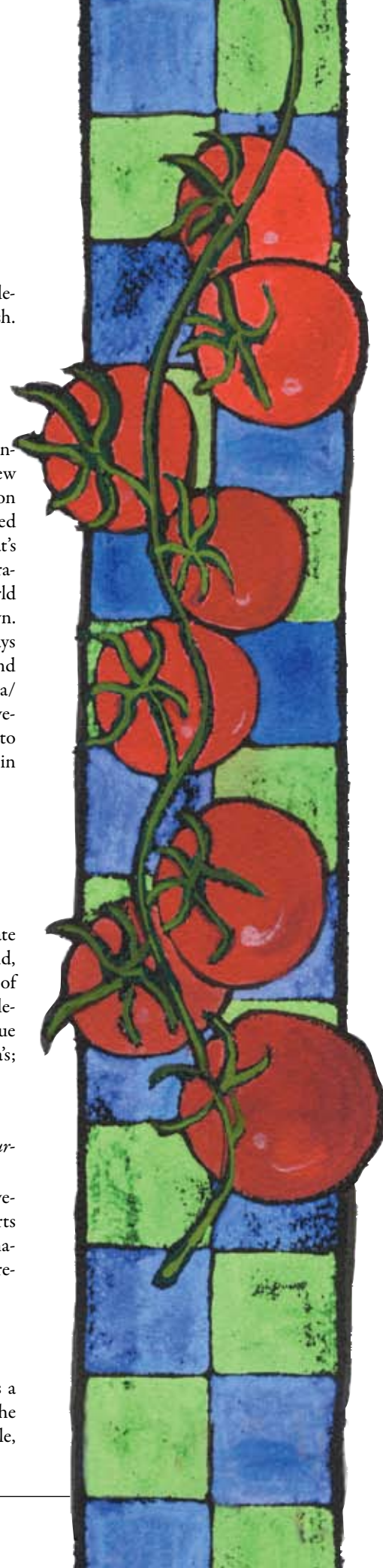
Piedmont and Lakeshore areas, Oakland, Saturdays, 8-10PM

Take in the live music du jour every Saturday evening at both L'Amx locations. Ask the tea experts about their travels around Asia and your imagination will be whisked away as your body gets refreshed and rejuvenated. More info: lamyx.com

Essence of Italy at C'era Una Volta

Alameda, last Tuesday of every month, 6PM

For \$15, this choice Park Avenue eatery serves a seasonal dinner entrée paired with the wine of the month. Enjoy Italian wines in high Alameda style, more info: ceraunavolta.us



Upcoming

“How We Eat” series

The Commonwealth Club

San Francisco, through August

Feed your mind and your stomach at this incredible series of lectures, hands-on classes, tastings, field trips, and dining opportunities. Highlights include lectures by educator Marion Nestle (8/26) and organic dairy innovator Albert Straus (8/28). Go to commonwealthclub.org/how-weeat for the whole schedule.

August 9

Urban Wine Experience

Jack London Square, Oakland, 2-5PM

Join the 14 member wineries of the East Bay Vintners Alliance (EBVA) for a taste of the East Bay as they pour over 50 wines. East Bay restaurateurs will be serving summer hors d'oeuvres carefully selected to pair with the EBVA wines. The celebration of East Bay excellence also includes live performance by local musicians. Tickets may be purchased at the door for \$45 and online for \$35 per person. More info: eastbayvintners.com

AutoErotica: photographs by Philip Hall and Bill Silveira

Float Gallery, Oakland, 6-9PM

Float, one of my favorite Oakland galleries, is offering all us stressed-out gas-reliant individuals a chance to relax while admiring cars as the sex objects we've always known them to be. AutoErotica, is but one of the courageous art shows this creative business owner hangs in her unique flotation tank/art gallery. At the opening she's giving away free floats! More info: thefloat-center.com

August 9-10

Taste of Downtown

Livermore

Take an evening stroll around downtown Livermore sampling

tasty foods and local wines. Free except for a small wine tasting charge. More info: livermore-downtown.com, 925.373.1795

August 22-24

Pure Mendocino Organic Dinner

Ukiah, Friday 5-9PM, Sat. 4-7:30PM, Sun. 12PM

If you're up for a road trip, head to Mendocino, the “greenest” county in California, for three days dedicated to sharing information about organic and sustainable living. Exclusive organic dinner and wine and food tasting will benefit the Cancer Resource Center of Mendocino County. More info: puremendocino.org 800.449.6483

August 29-September 1

Slow Food Nation

See article on page 11.

August 31 - September 1

Oakland Art and Soul Festival

“If there's a better way to spend Labor Day weekend in all of Northern California please let us know,” says the Oakland Tribune. This festival is where I'll be! Look for world-famous soul and R&B singers, Oakland's Own section (where you can meet yours truly, GrassRoutes Travel books), a slew of craft booths and of course a plethora of great foods, many from the Oakland community. Entry is still just \$5. More info: artandsouloakland.com

August 31- September 1

27th Annual Livermore Valley Harvest Wine Celebration

Take the free shuttle from winery to beautiful winery for free tastings and food pairings, plus arts, and crafts. More info: livermore-wine.com, 925.447.9463



September 7

Wine and Words

Martinelli Event Center 7986 Tesla Rd, Livermore, 2 – 4PM

Livermore's Martinelli Event Center hosts Ukiah's poet laureate David Smith Ferri for an evening pairing of poetry and wine-inspired dialogue. Tickets: \$5. More info: poetrypost.com/Upcoming_Events

September 12-14

Pleasanton Harvest Festival

Alameda County Fair Grounds, 10AM – 6PM

Disguised as a Harvest Festival, this sea of craft booths is actually the best place to snag holiday gifts early if you are the organized type. Peruse 24,000 different hand-made products as you munch pumpkin pie and listen to live music. More info: 415.447.3205, harvestfestival.com

September 13

Four-Winery Open House and Take Back the Tap Fundraiser

4th and Bancroft, and Camelia and 5th, Berkeley, 1-5PM

If you notice some large EBMUD containers rolling around the streets of Berkeley on September 13, don't worry, it isn't about the water shortage... really; it's just tap water served at the sidewalk. The point is to change your ways by filling up a cool new reusable stainless steel bottle (provided by the folks at Food and Water Watch, foodandwaterwatch.org) instead of grabbing another disposable plastic one. But wait...there's wine, and its local, just like the tap water. Four East Bay wineries: A Donkey and Goat Winery, dept. C Wines, Broc Cellars, and Eno Wines will be on hand to celebrate this valuable concept. A \$25 ticket gets you the steel bottle, a souvenir wine glass and admission to tastings of food and wine at four locations. If you bring your own wine glass you save \$10 on your ticket! More info: 510.868.9174; donkeyandgoat.com/openhouse

September 14

Brentwood Agricultural Land Trust's Fourth Annual Fall Harvest Festival

Historic Taylor Ranch, Byron, 5 – 9PM

Enjoy the seasonal bounty of Brentwood in a feast of local food and wine all produced within a few miles of the celebration. More info: brentwoodaglandtrust.org, 925.634.6738

September 27

Born to Be Wild: In Defense of Animals 25th Anniversary Gala

Home of The Honorable Richard J. Riordan, 5:30 – 9:30PM

For 25 years, In Defense of Animals, better known as IDA around the Bay, has been leading campaigns for animal rights and rescuing lost and injured animals. Their efforts in Mumbai, India, and Cameroon to protect habitats and raise the status of wild animals above a commodity has been a successful one, but continued support is needed. Pitch in at this star-spangled earth-friendly party. Tickets: \$175-250, sponsorships available, more info call 415.448.0053.

September 28

Picnic in the Street

Rockridge Market Hall, 5655 College Ave, 11AM – 6PM

Good food, good music, and good friends. Plus you can meet and chat with these cookbook authors to learn about their latest creations: Joey Altman, *Without Reservations*; Steve Sando, *Heirloom Beans, Recipes from Rancho Gordo*; and Janet Fletcher, *Fresh from the Farmers Market—10th Anniversary edition*.

October 4 – 5

The 21st Annual Hoes Down Harvest Festival

Full Belly Farm, Capay Valley

On Saturday, enjoy farm tours, a magical children's area, workshops, farm products, and an abundance of organic food, live music and good times. The celebration continues



on Sunday with in-depth seminars, hands on activities and farm tours throughout the Capay Valley Region. More info: hoesdown.org

October 11

Black Cowboy Parade

DeFermery Park to Frank Ogawa Plaza, Oakland 10AM – 4PM

Celebrate the black cowboys and girls whose ancestors played a big part in settling the Old West. They get all dressed up each October, and show off fancy tricks and the fruits of so much training and practice. Sit at the roots of the big oak tree in Frank Ogawa Plaza for the best view of the judging—it's also right around the corner for Uncle Willie's Barbecue and a plethora of food carts. More info: 510.655.7309, blackcowboyassociation.org

Indigenous Peoples' Day

Martin Luther King Jr. Civic Park, Berkeley, 10AM – 6PM

Rather than spending the day pondering why we have a holiday reserved solely for Columbus, take you and yours to an authentic Pow Wow celebration. With the help of life-long activist Millie Ketcheschawno (1937 – 2000), Berkeley officially replaced Columbus Day with Indigenous Peoples' Day in 1993. While you are marveling at

arts and crafts and the perpetual drumming that accompanies the feather-decked dancers, try some Native American cuisine! More info: 510.642.0199; red-coral.net/Pow

October 12

Raising Chickens

EcoHouse, 1305 Hopkins St, 10AM-3PM

Trying to decide which breeds are best for your backyard, how to deal with predators, and whether your chickens can roam free? Join long-time urban chicken rancher Linnea Due in the garden at EcoHouse to hear a boatload of duck and chicken lore. She may come with a few chickens, but you can count on meeting the resident runner ducks, who do a great job of eliminating snails and slugs from the garden. More info: 510.548.2220 ext. 233, ecologycenter.org

October 11-12

Sierra Oro Farm Trail's Passport Weekend

Located in Butte County, less than three hours from the Bay Area, the Sierra Oro Farm Trail meanders through the valley and foothills of Butte County, known for its rice, nuts, olive oil, stone and citrus fruit, and wine. This weekend, more than 20 farms and six wineries offer farm-

October is Local Food Month in the Bay Area

Celebrate the farms, businesses and flavors that reconnect us with our food traditions. In collaboration with CAFF, Eat SF, Eat Local Challenge, and Locavores are creating an event calendar chock full of ways to get connected to local food. From harvesting sea salt on the Sonoma Coast to visiting a u-pick or having a local food-themed dinner at your house, there are thousands of ways to celebrate local food. Sign up at buylocalca.org for announcements about the month and take the challenge at eatlocalchallenge.com.

fresh food tastings and wine tastings from such notables as Maisie Jane's Almonds, Massa Organics (organic brown rice featured in *Saveur's* May 2008 issue) organic LaRocca Vineyards, Chaffin Family Orchards, Lodestar Olive Oil, and the farmstead, artisan Pedrozo Dairy and Cheese Company. For a map of the trail and a full listing of food shops, farms, wineries, and lodging along the trail and for passport information, go to sierraoro.org.

October 17 Meet Marcella Hazan

The Pasta Shop at Rockridge Market Hall, 5655 College Ave, Oakland, 4-6 PM

Meet famed Italian cookbook author Marcella Hazan. The title of her heart-warming new memoir, *Amarcord*, means "I remember" in her native Romagnolo dialect.

October 21 Cognac Tasting

Mac Hotel, Point Richmond

All evening long, at the historic Hotel Mac in the—dare I say—quaint town of Point Richmond, you can sip fine Cognacs and chat with the people who know their stuff. Try some crab cakes and ease into a night of honoring a different kind of spirit. More info: hotelmac.net/events

October 25 Fall and Winter Gardening in the Bay Area

Merritt College, Oakland, 8:30AM-3PM

Workshop your way to a bountiful crop this fall and winter growing season with tips and tricks gleaned from this one-day seminar. Design a native plant garden, maximize space for vegetables, conserve water and consider container or succulent gardening. Tickets \$30, more info: 510.639.1366, acmg.ucdavis.edu



The illustrations featured on our events and farmers market pages are by **Kieren Dutcher**, a long-time resident of the East Bay, who lives in Rockridge with her family. While a student at California College of Art, she worked at Curds &

Whey, where her love of food really took hold. She teaches art and has written several children's books that she hopes to publish soon. She says, "I am influenced by folk art from around the world, travel, children and their art, and nature. I spend a lot of time going to museums, the library, and walking around my neighborhood, finding inspiration everywhere. Most of my illustrations are done in gouache resist. I am attracted to the graphic black line, and the surprises that occur in the process." You can find more of her work at kierendutcher.com