

Hello!

Mark and I are bursting with anticipation ahead of our evening together at our Flavor Foundations experience. Please reach out to us directly if you have any questions regarding what to forage and print. Thank you for helping kick off Provender 2020 in style.

Best,

Mark & Sam

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Supplies for Flavor Foundations at Provender 2020

- A. Roots
- B. Pome fruit
- C. Bubbly (bottle of wine) – open bottle & pour before joining seminar. Or beer if that is your predilection.
- D. Non-alcoholic Shrub
- E. Wine Glass
- F. Water
- G. Crackers
- H. Pencils or pen for taking notes and *doodling*
- I. Paper for notes
- J. Tasting Mat – print ahead of time. Please see additional pdf.

Supply Details

- A. ROOT – wash and have ready to eat. Rutabaga is our first choice simply because it's unfamiliar to most folks; however, choose any root you desire.
- B. POME – wash and have ready to eat. Pome fruits include apples, pears and quince. Try finding local, fresh, heritage varieties.
- C. BUBBLY – buy some sparkling wine. Could be Champagne, Cava, Prosecco, or other bubbles. Brut = dry. If you like sweet, Moscato d' asti & Lambrusco are good choices. Pacific Northwest (Cascadia) producers we recommend are Soter, Argyle, Forris, Treveri, Argo, Cipes, and Bella.

OR

BEER & BEYOND – not into wine? Drink what you like! Come celebrate.

- D. Non-alcoholic SHRUB – Shrubs, or drinking vinegars, offer a lovely and complex beverage experience without alcohol. You will need to make a batch before the seminar. This offers an alternative to bubbly for those wishing not to imbibe along with another medium for sensory analysis.
- E. Wine Glass – Any wine glass will do. Make sure it is clean and odor free. Rinsing under hot tap water and drying with a clean towel will remove funky (cabinet?) smells. Optimally, it will have a tulip shape to allow for swirling while trapping aroma. Mason jars and coffee mugs can do in a pinch. You can spend loads of money on the “proper” glass, but that does not reflect how most of us live. Picking up a few pair at the local thrift store will vastly improve your wine drinking. I use these at home; they are durable, inexpensive enough that breaking one isn’t a calamity, and they work as a good, all-purpose glass.
- F. Water – Having something neutral to drink will help clear your palate between taste and smell experiences. Room temperature is best, but ice and/or bubbles are perfectly fine.
- G. Crackers – Having something neutral to nibble will help clear your palate between taste and smell experiences. Plain crackers are best, but white bread, baguette, goldfish crackers, or any other similar item is perfectly fine.
- H. Pencils or pen for taking notes – Dixon Ticonderoga, le pen, Crayola, whatever – follow your heart.
- I. Paper for notes – Ditto writing instrument. Lined notebook, parchment, vellum, et cetera - chase your dreams.
- J. Worksheet I: Tasting Mat - print ahead of time. One per person.

Flavor Foundation Shrub Recipes - by Samuel Vandegrift

Shrubs, or drinking vinegars, offer a lovely and sophisticated alternative to ethanol-based cocktails. Once you make your shrub, start by adding 1 ounce (2 tablespoons or 30 milliliters) to a glass, add ice, and top with 12 oz (335ml) soda water. Garnish with lime, fresh berries, edible flowers, etc. Adjust amount of shrub to your liking. Some folks love them undiluted.

Below are 3 variations. Please note different vinegars used for each. I encourage swapping out ingredients to your liking. Quantities are interchangeable, so use this with other seasonally available ingredients. For example, cranberry - rosemary is a lovely combination for autumn.

Classic Apple Shrub

1 cup (100g) Apple - chopped and cored

1 cup (250ml) Water

½ cup(100g) sugar (white or raw, your choice)

½ cup (118ml) apple cider vinegar

Combine everything in a saucepan, bring to a simmer, and let cook with lid on for 20 minutes. Smash, mix and strain into a jar, removing big chunks. Will keep in refrigerator for 2 weeks.

Spiced Pear Shrub

1 cup (140g) Pear - chopped and cored

1 cup (250ml) Water

⅓ cup(113g) honey

½ cup (118ml) white wine or Champagne vinegar

4 whole cloves

½ teaspoon cinnamon

½ teaspoon sea salt

Combine everything in a saucepan, bring to a simmer, and let cook with lid on for 20 minutes. Smash, mix and strain into a jar, removing big chunks. Will keep in refrigerator for 2 weeks.

Beetroot + Blueberry Shrub

1 medium beet - washed and grated

1 cup (100g) Blueberries

1 cup (250ml) Water

10 coriander seeds (whole)

10 peppercorns (whole)

½ cup(100g) sugar (white or raw, your choice)

½ cup (118ml) red wine vinegar

Smash blueberries in bottom of saucepan. Add other ingredients, bring to a simmer, and take off heat to steep with lid on for 20 - 60 minutes. Press through sieve, and strain into clean jar. Will keep in refrigerator for 2 weeks.