



SPRING 2005

Morsels

The Official Newsletter for the Northern California Chapter of the American Institute of Wine and Food

BIG DEAL!

This issue of *Morsels*, as well as all our NorCal events and invitations are posted on the NorCal Website!

www.aiwfnorcal.org

Look at it often!

Use it as an entertainment resource!

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Days of Taste® Continues at NorCal with a New Committee Chair

New AIWF Member Laurie Zerga Takes Over

Long time member and former *Days of Taste*® Committee Chair of the Northern California Chapter, **Jane Brady**, has passed the baton to new AIWF member **Laurie Zerga**. As of the January 1st, Laurie has assumed the role of Committee Chair. Since the first of the year Laurie has been working hard to get the new committee off the ground. She has recruited **Ted Smith**, **Syndi Seid**, and **Ron Hildebrand** to be on her committee and had consultations with Jane Brady and several of the chefs and others involved in the *Days of Taste* Program with Jane.

Laurie is a mother of two teens and owns and operates her own culinary education business. Her mission is to introduce both adults and the next generation to the pleasure, nutrition, and art of cuisine. The values and traditions toward food found worldwide are the heart and soul of her business.

Laurie's extensive business background as a former officer of a Fortune-500 company helped her launch her business in the summer 2002. She was able to combine in the new company her corporate knowledge and her passion for family issues, such as



Jane Brady

nutrition, food safety, and culinary arts. She created and held her first youth culinary camp during the summer of the first year, then continued over the last three summers.

She began expansion in 2004 and most recently has completed an agreement with the Alameda Boys and Girls Club to develop a year-round food and nutrition program for junior high and high school students.

Her passion for family issues is witnessed through her volunteer work at schools and youth organizations throughout her career. She shares her knowledge and strong family values with her clientele. Her personal goal is to connect parents and children to food sources and techniques while embracing family traditions for community through dining.

Days of Taste – Children, Farms and Food

As you long-time members may remember, *Days of Taste* began in the U.S. in 1994. The French Consulate in New York City wanted to express gratitude to America for their sacrifices in liberating France in the second World War. With the assistance of the AIWF's New York City Chapter, the consulate modeled the first *Days*



Laurie Zerga

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One of the chefs at Indigo Restaurant teaches the kids from Redding School how to make salad dressing the professional way.

of Taste after a French program called “Journee de Gout.” From there it spread to AIWF chapters across the country with the belief that taste and health go hand-in-hand. Days of Taste provides the AIWF with a vehicle to help shape the taste buds of future generations.

Each year the program teaches children the fundamentals of taste, nutrition, and the pleasures of the table. The Northern California Chapter Days of Taste program teams an AIWF leader, a fourth or fifth grade teacher, local restaurant professionals, and local food professionals, including farmers and markets, with children.

Locally, long-time member Jane Brady chaired the Days of Taste Committee during 2002 and 2003. During her tenure, Jane brought the program to San Francisco schools, such as **George Peabody**, **Jefferson**, and **Redding**.



The students at Redding School eat the salads they made in the chef's hats they decorated themselves. A good time was had by all—and some learning, too!

Several owners and managers of our local restaurants have generously participated in these four day fall programs. A brief list includes:

- **Greg Medow**, Co-owner of **Indigo Restaurant** and some of his chefs
- **Daniel Scherotter**, Executive chef and Owner of **Palio d’Asti** and **Palio Paninoteca**
- **Roland Passot**, Owner-Chef of **La Folie Restaurant**

Jane took students on tours of farms, farmers’ markets, produce markets, and even creameries. **Andronicos** in San Francisco, **Artisan Bakers** in Sonoma, **Star Route Farms** of Bolinas, and **Cowgirl Creamery** in Point Reyes Station were a few of the tour stops.

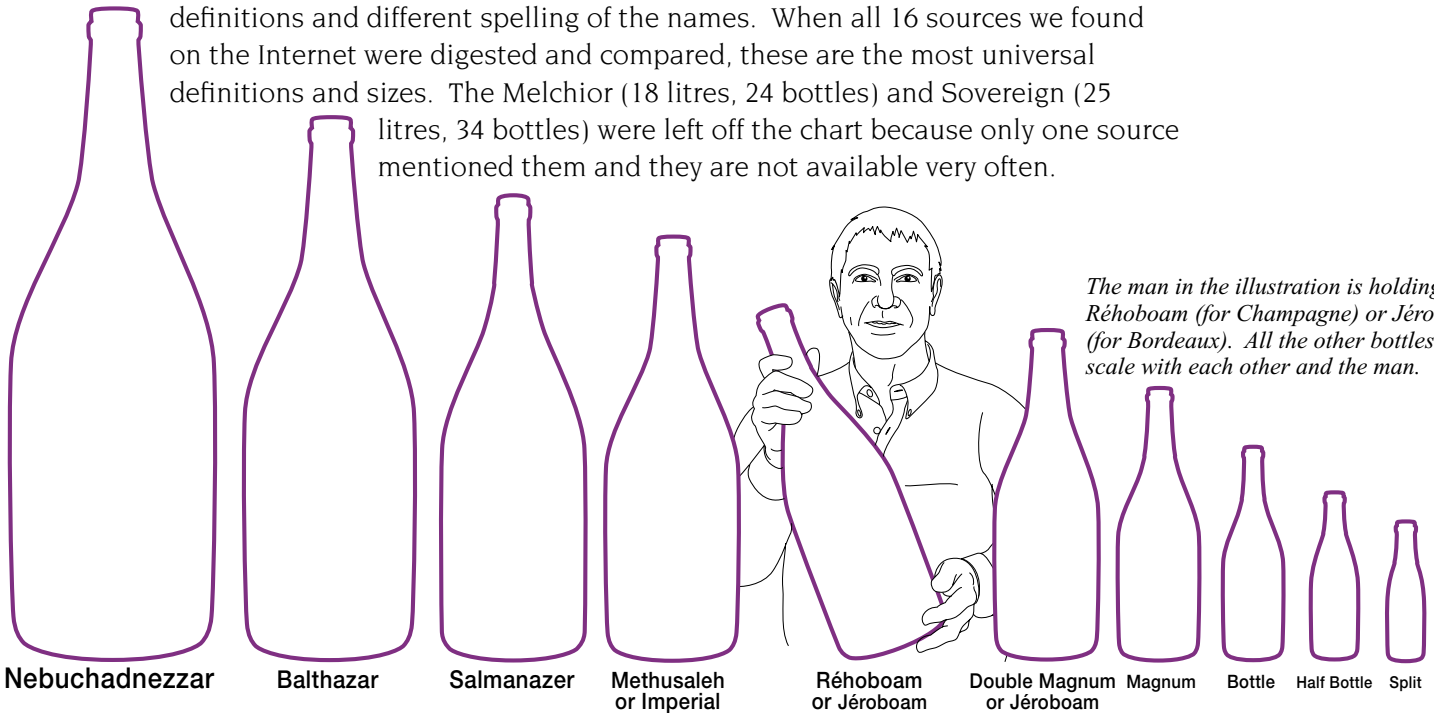
New Days of Taste Committee Chair Laurie Zerga is working with board members, Ron Hildebrand and Ted Smith to develop long range plans for the program. Laurie will be attending “The AIWF Winter Leadership Committee” meetings on the Days of Taste to learn more about other chapter programs.

“I’m very excited to head this program for AIWF. I work with youth and cooking through my business and I get so much energy from the children. It is amazing the questions, the interest, and the ideas the kids have when they are exposed to the culinary arts.”

Laurie’s initial plan is to hold one program next fall for one school. Over time, the goal (Continued next page)

Wine Bottles Have Names

If you love to produce a really BIG bottle at a dinner party and make a fantastic impression on your friends, you can do it. There are at least 13 different sizes of wine bottle available. If you ask your wine merchant for the size bottle you want by name, you can make an impression on him or her, too. There seems to be some confusion, because different sources have different definitions and different spelling of the names. When all 16 sources we found on the Internet were digested and compared, these are the most universal definitions and sizes. The Melchior (18 litres, 24 bottles) and Sovereign (25 litres, 34 bottles) were left off the chart because only one source mentioned them and they are not available very often.



The man in the illustration is holding a Réhoboam (for Champagne) or Jéroboam (for Bordeaux). All the other bottles are in scale with each other and the man.

| Bottles | Litres | Bordeaux | Champagne | California New World |
|---------|--------|-----------------|----------------|----------------------|
| 1/4 | 0.187 | Pony | Split | Pony/Split |
| 1/2 | 0.375 | Split | Half Bottle | Half bottle |
| 1 | 0.75 | Bottle | Bottle | Bottle |
| 2 | 1.5 | Magnum | Magnum | Magnum |
| 4 | 3 | Double Magnum | Jéroboam | Double Magnum |
| 6+ | 5 | Jéroboam | Réhoboam | Jéroboam |
| 8 | 6 | Imperial Magnum | Methusaleh | Imperial |
| 12 | 9 | n/a | Salmanazar | Salmanazar |
| 16 | 12 | Balthazar | Balthazar | Balthazar |
| 20 | 15 | Nebuchadnezzar | Nebuchadnezzar | Nebuchadnezzar |

is to expand to several schools during each spring and fall semester.

Volunteers Needed Now!

The committee needs volunteers. If you are interested in helping the NorCal Chapter conduct and expand the program, there are several ways you can help. The committee wants to identify schools to participate in the program. Do you have a favorite school? Maybe your child, grandchild, niece, or nephew attend a school that would like to join the program. Restaurants and chefs are needed to come to classrooms to discuss taste

sensations, help make salads in the classroom, and then have the children visit the restaurant. Local farmers or produce markets or other food-based businesses are needed to discuss the path from field to table. Can you help explain how and where food comes from? If you or someone you know is passionate about sharing food industry knowledge with children, the committee would like to hear from you.

Please contact **Laurie Zerga**, The Days of Taste Committee Chairperson at lozerga@alamedanet.net or **510-522-2909, extension #2.** 



More photos from Days of Taste. The teacher watches her pupils at Redding School eat the salads they made themselves while wearing the toques (chef's hats) they decorated. The chefs from Indigo Restaurant enjoy their salads in the background, too.

When the children have fun learning, everybody wins!



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415-383-6070.

Leave your name, phone number or email address, and a detailed message so you can be contacted with all the answers you require.

Save the Date AIWF/NorCal Calendar of Events

May
I
SUNDAY
Sake Experience IV
at
Sushi Ran
Sausalito

May
TBD
WONDERFUL
WEDNESDAY
Wine dinner
at
Desiree
Presidio, San Francisco

May
22
SUNDAY
**Wine & Dinner
Cruise on the Bay**
Embark in
Sausalito

June
TBD
Catalan Caper II
at
Spanish Cultural Center
San Francisco

July
TBD
Greek Taverna II
at
Location TBD
San Francisco

...and there are more wonderful events being planned and scheduled for the remainder of 2005 —**watch this space!** or visit our Website at www.aiwfnorcal.org for updates.

NOTE: Please check the date and time on the invitation to each event or on our Web site as arrangements may change. Reserve early as most of our events sell out. Reservations are made with your payment by check or credit card info sent to NorCal's official address: AIWF NorCal, P.O. Box 640584, San Francisco, CA 94164-0584 (NOTE: When a restaurant, winery or other location is booked for an event, we must commit to a certain number of persons attending. If a member doesn't show-up, we still have to pay for the food, wine, venue, and other charges. This necessitates our policy of **no refunds** for events and programs after a reservation is made). See our Web site at www.aiwf/norcal.org call our HotLine at 415-383-6070 for event updates, to request membership, or to volunteer for committees or future events.