

Cheers to Wine and Food

TIPS TO EAT WELL, DRINK WELL, AND LIVE WELL

Tips On the Menu in June

Hear these tips, and much more to enjoy on our affiliate radio stations in June.

A Plus for Asparagus

Absinthe - Emerald Green Liqueur

Barbecue Hosting Tips

Bracco Wines

Canadian Club Barbecue Sauce

Cooking with Booze

Expensive Versus Cheap Wines

Fig Stuffed Pork Chops

Frog Juice – Peruvian Viagra

Frozen Food Nutrition

Hernder Estates Pink Rosé

Marinating Timing Tips

Prepare the Perfect Cheese Plate

Recipe for Big - Bold - Burgers

Red Wine Reduces Cancer

Riverview Cellars Fontana Dolce

Start a Home Wine Club

What to Drink With What You Eat

White Tea Granita

Wine Investment

Wine with Kraft Mac and Cheese

Wines that Match Food on Grill

Let's raise a glass and toast to our newest affiliate radio station; Coast FM 101.1 in St. John's, Newfoundland. **Cheers to everyone!** Get tasty tips and ideas on wine and the backyard barbecue, marinating tips, and cooking with booze on the grill. We even have a tip to make frog juice that works like a natural form of Viagra, news on the VIA Rail service to Niagara wine country, and culinary events in June.

California Governor Arnold Schwarzenegger joins LCBO Chair Philip Olsson in a toast to California wines as they announce the April 2008 California wine promotion in LCBO stores. (CNW Group/LCBO).

Read the full story online at

www.cheerstowineandfood.com/News.htm



Wines that fit the bill for foods on the Grill

Our friends at the Wine Market Council say that Chef Randy Waidner is a guru on good grilling. Waidner is the executive chef of the Weber Grill Restaurant in Chicago where he pairs classic American barbecue with our favourite flavors. This dude has a cool tip for succulent

steaks and humble hamburgers alike: a simple glass of wine. Pop the vino open first when you fire up the outdoor grill. Forget the fallacy that wine is for fancy food, or you have to sip soda or chug beer with grilled foods. Serve red and white wine with your backyard barbecue. Both types are naturally great with grilled foods and serving both will help you to discover the combinations you like best.

Marinades are a barbecue bonus

It isn't the barbecue that makes mouthwatering meals out of steak, chicken, burgers, ribs, or grilled vegetables. Foods rely on seasoning, sauces, and tenderizing. The magic of a marinade is to turn the ordinary into a taste sensation. Cookery writer Dana McCauley says a marinade's acid in vinegar, lemon juice or wine, chemically softens meats. To make it work, sufficient marinating time is necessary. Most dishes require an hour to overnight, depending on the food. Always remember to marinate foods in the refrigerator. Marinades also need oils to add moisture to the meat and seasonings to enhance flavours. Don't marinate too long. Over-marinating can give you the opposite of what you want, changing the texture and making meats tough.



Happy Father's Day

Say cheers with wine and food baskets delivered to your recipient's door

www.CheersToWineAndFood.com



LISTEN TO THE MOST DELICIOUS MINUTE ON RADIO



Cheers Radio Schedule

St. John's Nfld., 101.1 Coast FM, Mo-Su, 5:35 p.m.
 Antigonish, N.S. X-FM 98.9, 11:30 a.m.
 Halifax, N.S.: Seaside FM 94.7 10:40 a.m. 7:40 p.m.
 Montreal, Qu: 105.1 Mike FM M-F 10:57 am, 4:55 pm Sa
 5:55 pm, Su 9:05 am
 Massena, NY: WYBG 1050, 10:44 a.m.
 Belleville, On: Mix 97, M-F, 11:40 am
 Trenton, On: Rock 107, M-F 10:50 am
 Haliburton, On: Canoe FM, 100.9 M-F, 5:10 pm
 Niagara, On: 91-7 GIANT FM, M-Su, 7:25 pm
 Simcoe, On: CD 98.9, Mo-Fr 3:25 pm
 Waterloo, On, CKWR 98.5
 M-F 9:20 am Sa 10:40 am Su 5:40 pm
 Sturgeon Falls, On: CFSF, 99.3 FM 4:15 p.m.
 Thunder Bay, On: 580 CKPR, 7:20 am 3:50 pm
 Nipawin, Sask, The Storm, 94.7, 1 p.m.
 Camrose, Alberta, 98.1 CAM FM, 11:20 a.m.
 Tofino, British Columbia, The Bear 90.1, Mo-Su, 12:20 &
 4:20 pm
 Ucluelet, B.C., The Edge, CIMM-FM 99.5, Mo-Su, 12:20
 & 4:20 pm
 Duncan, B.C. 89.7 SUN-FM, M-Su, 4:15 p.m.
 Victoria, B.C. 98.5 Ocean FM, Sa-Su
 Visit www.CheersToWineAndFood.com to check for new
 stations joining our network of affiliates.

Listen daily to our affiliate radio stations to hear the full series of tips. We spice up the airwaves with the most delicious minute on radio. Get a station in your area to broadcast our show, and we will gladly serve you the daily tips. For affiliate information visit:
www.cheerstowineandfood.com/Affiliate_Info

VIA Rail Cruises to Niagara Wine Country

With the flexibility to create your own getaway, VIA Rail Canada's Niagara Falls summer schedule provides a stress-free travel alternative to busy highway congestion. From June 4th to September 2nd, VIA's new seasonal service makes planning a day trip to "The Falls" or weekend getaway to discover the region's award-winning wineries a breeze. [Read more on this news on www.CheersToWineAndFood.com/News.htm](http://www.CheersToWineAndFood.com/News.htm)

For a culinary vacation experience in Niagara this June, plan to attend the following events:

Flavours of Niagara, International Wine, Food, and Jazz Festival, June 30 - July 1, Port Colborne, ON. Niagara wineries, multi-cultural foods, and live jazz music including a performance by the legendary Peter Appleyard Quintette.

Italia in Festa, June 23-24, Thorold, ON. Niagara's Best Beer, Hernder Estate Wines, and Schiralli Wine Agencies will be quenching our thirst alongside food vendors and musical performances featuring The Rat Pack. [For details visit www.CheersToWineAndFood.com/Events.htm](http://www.CheersToWineAndFood.com/Events.htm)

White tea granita. cool summer refreshers

Everywhere I go trendy summer parties are shaking up the scene with tempting drink concoctions. A new and exotic beverage is white iced tea, which is light tasting and delicious on its own, and adds a special twist to mixed beverages or as a refreshing and good-for-you frozen dessert. With white tea-based refreshments all the rage this summer, it's easy to impress your guests with a dessert or treat known as granita. It is also called Italian water ice. Either way, Granita is a frozen dessert that consists of shaved ice, sugar and juice or other flavours. Granita has a long and ancient history and is now a common and inexpensive treat found in Italy. We have a simple recipe for Granita chilling for you on CheersToWineAndFood.com. Give it a whirl, it's so refreshing.

Starting a Home Wine Tasting Club

Want to form a home wine-tasting group that is keen on learning about vino? Set a regular date to meet monthly. Specify a topic, such as a featured grape like merlot, and focus on a preferred wine region. Set a year to feature a vintage. Keep it themed and focused for each tasting. Everyone brings a bottle, or one person buys all the vino for a tasting. Plan on one bottle per person, 12 people max, but 8 to 10 is just right. Open the bottles and place in plain paper bags. Provide food, water, spit cups and a dump bucket. Taste a bottle at a time; one ounce pours, and make notes. Most tasters are sampling and spitting, not drinking each ounce. Taste again and compare notes. Finally reveal each wine, and taste again. For fun, pop in a ringer into the mix, and try to spot the wine that doesn't fit.

Grape Growers Have Environment in Mind for a Win - Win - Win

(NC)-Mary Wiley stands at the edge of her Niagara region vineyard, looking due north into the cool breeze blowing in off Lake Ontario. She doesn't hesitate, when asked to explain the nature of the relationship between agriculture and the environment.

"It's instinctive," she says. "We live beside the vineyard, we work in it every day, and we depend on it for our livelihood. So a healthy, productive, sustainable farm environment is the basis for everything."

Mary and her husband Dave grow vitis vinifera and French hybrid wine grapes on their 150 acre vineyard in the Jordan area. The grapes are used to make 20 Bees VQA (100% Ontario) wines. The Wiley family has been growing grapes for more than five generations.

With environmental concerns topping the list of issues of importance to Canadians - displacing, in some surveys, even the perennial chart-topper of health care - Wiley says you'd be hard-pressed to find people with a more vested interest in a healthy environment than those who make their living off the land.

"We take a very detailed approach to environmental concerns," she says, in reference to the Environmental Farm Plan which forms the basis for the way they deal with virtually every input related to their production at the vineyard.

"I've literally got almost a dozen BMP books here, which stands for Best Management Practices, on the whole range of our operation," Wiley says, rattling off a list of areas including water wells, irrigation, nutrient management, erosion control, and integrated pest management.

Recently, Agriculture and Agri-Food Canada announced a national Farm Environmental Management Survey, being mounted in partnership with Statistics Canada, to learn more about environmental practices on some 20,000 farms across the country. Land and water management, and how farmers use inputs like manure, fertilizer and pesticides will be assessed in the review.

Wiley says running farms with the environment in mind isn't just good for the planet, it can be good for the grower's bottom line as well.

"By following best practices which have been proven effective, you can reduce your consumption of water, protect your soil, and ensure that you're using only as much of other inputs like fertilizers and pest controls as absolutely necessary." I mean, let's be realistic: all of the above cost money. The less

you need to use means the lower your costs of production will be, so there's a double benefit that way. But at the same time, that needs to be balanced against producing a viable crop," she notes.

Crop protection is one area where that balance comes into sharp focus. Grape vines are vulnerable to a variety of mildew and other fungi which can flourish in the often humid summer heat of the Niagara wine country micro-climate.

Integrated pest management practices use a range of techniques to deal with threats to crops like moulds, plant diseases and insects, including the introduction of beneficial insect species to the targeted use of

specific crop protection products.

Wiley says scientific advancements in technology and agri-chemistry have further enabled farmers to be much more efficient in their use of crop protection products than ever before.

"Newer pest control products are much more targeted than they used to be, and we're working with more efficient application equipment, so the amount that you need to use to correct any imbalances in your eco-system is much, much lower," Wiley says, noting the contrast to so-called "organic" practices which can involve repeated applications of sulphur compounds to deal with mould growth in humid or wet conditions. At the end of the day, Wiley says, there is room for all pieces of the equation to benefit from best practices.

"A sustainable farm is a healthy farm, a healthy farm is a productive farm, and a productive farm is a profitable farm. Everybody wins: the farmer, the farm family, the consumer - and the planet," she says. Credit: News Canada



The Wiley's grow vitis vinifera and French hybrid wine grapes on their 150 acre vineyard in Niagara. The grapes are used to make 20 Bees VQA (100% Ontario) wines.



Discover Ultra Premium Quality Wines

Kacaba Vineyards is a family-owned winery situated on the picturesque Niagara Escarpment Bench. Kacaba produces award-winning premium VQA wines. Open for tastings daily. Go to kacaba.com for a virtual tour. or visit the winery at 3550 King St. Vineland, Ontario



905-562-5625

Weber's Grilling Guide for Newlyweds

CNW/ - Forget the 12-piece set of fine china. Today an outdoor grill and grill accessories are reported to dominate increasingly popular home improvement store bridal registries. As a gift to newlyweds this bridal season, the grilling experts at Weber have released a free booklet, Weber's Grilling Guide for Newlyweds.



[Read more on CheersToWineAndFood.com/News.htm](http://CheersToWineAndFood.com/News.htm)

Recipe for Big - Bold Burgers on the Grill

(NC)-Whether you're a burger traditionalist or gourmet aficionado, Lipton can turn ordinary beef, chicken and pork into a plum, juicy joy ride for your taste buds. Lipton Onion Recipe Soup offers the perfect blend of seasonings to deliver savoury results on both gas and charcoal barbecues. Explore the bigger, bolder world of burger recipes such as this Beef Bourguignon-inspired treat. Get 1/2 lbs lean ground beef, 1 pouch onion soup mix, 1 egg, 1/2 cup finely chopped mushrooms, 1/4 cup fresh bread crumbs, 2 tbsp red wine, 2 cloves garlic, minced, 1/2 tsp cracked peppercorns, Swiss cheese, horseradish, crisp bacon strips and sautéed mushrooms for garnish. Combine all the ingredients in a medium bowl. Form into 6 patties. Grill, broil or fry over medium heat, turning occasionally, until cooked to an internal temperature of 160° F (71° C). Top with cheese, horseradish, bacon and mushrooms.

Frog Juice – Peruvian Viagra

Frog juice anyone? There's this lady in Peru who makes frog juice. It's a beverage some Andean cultures drink for the power to cure asthma, bronchitis, sluggishness and a low sex drive. I call the drink Peruvian Viagra, It sells for a buck in Peru. Here's the traditional recipe for frog juice. Mix three ladles of hot, white bean broth, two generous spoonfuls of honey, raw aloe vera plant, and several tablespoons of maca - an Andean root also believed to boost stamina and sex drive. Pop everything into a blender. Drop in a butchered frog. Strain the mixture to create a starchy, milkshake-like liquid that stings the throat. If you're in Lima Peru, you can pick up beer mugs of frog juice at some restaurants. Locals sip the juice as their morning or afternoon refreshment. Now that's an energy drink with a kick.

Cheers to our Affiliate Stations

Tune in to our affiliate radio stations to hear daily tips to eat well, drink well, and live well.

- St. John's NF
- Antigonish, NS
- Halifax, NS
- Montreal, QU
- Massena NY / Cornwall



- Haliburton, ON
- Belleville, ON
- Trenton, ON
- Niagara, ON
- Norfolk/Simcoe, ON



- Waterloo, ON
- Sturgeon Falls, ON
- Thunder Bay, ON
- Nipawin, SA
- Camrose, AB



- Tofino, BC
- Ucluelet, BC
- Duncan, BC
- Victoria, BC



More coming soon



We welcome your comments and information.

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