

## restaurant review

By Jonathan Pappalardo



# THE FARMERS TABLE

Great Food, Great Company



The most recent *Trailside Living* event was a wonderful evening at The Farmer's Table, located just off exit 3 in the village of Redbrook. Many thanks to co-owners Lynn Tripp and her daughter, Olivia, for hosting us the Thursday before July 4 amidst a torrential rainstorm.

Lynn began her career studying food science with Ocean Spray from 1990-2000. She left the cooperative to teach culinary students at Johnson & Wales University in Rhode Island but has maintained her relationship with the coop these past 18 years, doing consulting work, demos and helping out with their annual harvest party.

Thanks to her close relationship with cranberry growers, Lynn was approached by the developers of Redbrook, about what she would do with an unoccupied space in the business district. She called her daughter, Olivia, who was living in New York

City at the time and asked her about starting a cafe. Lynn and Olivia opened the restaurant in Oct. 2016, serving breakfast, lunch and operating at their own slow pace. Olivia manages the day-to-day operations while Lynn continues to teach full-time.

In addition to breakfast and lunch, Lynn and Olivia also will be offering Friday night events. The events will be found on the website and are by reservation only. Remember to reserve early as these events will fill up. The menu changes depending on what is available that week. Reservations are highly recommended, as the dinners are very popular and sell out fast. Lynn also teaches cooking classes on Wednesday evenings, does custom catering and hosts occasional wine tastings. She's certified in wine and holds the tastings on their patio.

Residents got to talk and nibble on everything from delicious bacon-wrapped dates, flatbreads, mini-sandwiches and chicken skewers just to name a few. The food kept coming out all night, so it's safe to say no one went home hungry. Eileen Kummer thought the atmosphere was friendly and cozy while Christine Chandler gave it a ten and said she would definitely be going back. Susan Hamilton thought the

food was terrific and said she may use them to host a brunch at some point. Many of the residents signed up to return for dinner the next night.

A big thank you to Lynn and Olivia for hosting such a fabulous event for *Trailside Living* readers despite the rain. Be sure to visit their website, [www.farmerstableplymouth.com](http://www.farmerstableplymouth.com), to sign up for their newsletter so you can be notified when they have their next cooking class, wine tasting or event. The Farmer's Table is closed on Tuesdays but opens from 8 a.m. to 3 p.m. except Fridays which is events only evening and will need a reservation. In addition to their regular hours, weekend brunch is 9 a.m. to 1 p.m.

We're always planning more events. Look for announcements in upcoming issues of *Trailside Living* and be sure to RSVP by emailing Katriena Devlin at [KDevlin@n2pub.com](mailto:KDevlin@n2pub.com) in order to hold your spot. We look forward to seeing you at another event very soon!

## wine educator

# REDISCOVERING ZINFANDEL

— *Zinfully delicious!*

By Val Bauman, Resident



Val and Bill Holmes enjoying an afternoon of Zinfandel tasting

We are deep in the season for barbecues and all forms of outside summer living. If you are like most, you are probably enjoying Chardonnays, Sauvignon Blancs and Rose wines with your lighter foods and maybe some Cabernets or Pinots with your grilled steaks and chops. But what about trying some Zinfandels, too? Barbecue season is a wonderful time to enjoy these powerful, flavorful and fruity red wines.

Zinfandel goes beautifully with everything grilling on the barbecue. It is a dry wine but with its intense dried fruit and spice flavors, it tastes sweet and smoky. It can be so fruity that it is often described in wine parlance as "jammy." Zins have a moderate level of acidity making them refreshing and good tannins, too!

Zinfandel pairs nicely with grilled vegetables, smoky sauced ribs, burgers and even seasoned steaks. Tired of grilling and just want to order a red pepper, onion and pepperoni pizza? Zinfandel is perfect for pizza, too. I like to serve Zins with a medium chill and open the bottles beforehand to give them a little time to breathe. Remember that Zinfandel is generally higher in alcohol — between 14 and 17 percent — so enjoy it responsibly!

The Zinfandel grape is believed to have originated in Croatia, however, now it is more celebrated in great wine made across the Adriatic Sea in the Puglia region of Italy (the "heel of the boot") where it is called Primitivo. Here in the United States, the premier place for Zinfandel is California. Some of the very best Zins anywhere are made in the northern part of the state around Sacramento near Dry Creek and especially Lodi.

The Lodi area is famous for its "ancient vines" of Zinfandel. Some of these vines are 50-100 years old. They survived Prohibition early last century because the land was so cheap that farmers didn't bother pulling up the Zin vines to grow other crops. Consequently, when Prohibition ended, these older vines survived to produce incredibly flavorful fruit.

I visited with good friends and members of the new advanced wine group of The Pinehills to taste three California Zinfandels and one Italian Primitivo. Lenore Olsen and Bill Holmes are great wine lovers and have excellent palates. I knew we would enjoy a summer afternoon of Zinfandel! From California, we tasted Seghesio, the Federalist and Old Zin Vines (OZV) Zinfandels and from Puglia, Italy we sampled the award-winning Feudi Croce Imperio LXXIV Primitivo.

We enjoyed all four and were amazed at how the wines differed in both aroma and taste. Zinfandel is certainly a versatile grape and its

taste is very "terroir driven." We first tried the Federalist and the OZV, both from Lodi and similarly priced. The OZV had the usual raisin and dried fruit aroma and taste of a true California Zinfandel. It is a wonderful wine with nice acidity and mellow tannins. The Federalist was also a great tasting Zin. It had the usual fruit but also amazed us with an element of spice that made it really delicious. This spice made the wine incredibly unique and enjoyable.

We next tried the Seghesio. This is a more expensive Zinfandel and we agreed it was a deliciously well-balanced wine. It had more tannin and structure than the other two. Its sophistication and lasting taste on the tongue makes it a better choice for a steak ... or even for sipping by itself with a charcuterie board of salami and cheeses. Finally, we tasted the Feudi Croce Primitivo, which we agreed was very representative of an old world, Italian wine. The aroma on the nose was meaty and leathery, not fruity. The taste profile was completely different from the California Zins with just subtle fruit and very definite earthiness. We loved the wine but agreed it was probably not the best for barbecued food. Better choices would be hearty stews and meats.

I have to admit that of all the Zins we tried, I liked The Federalist the most. I found it to be representative of a true California Zin and, with that wonderful spice, the wine is very special.

One last thing: It's important **not** to confuse Zinfandel with its "cousin," White Zinfandel. White Zinfandel is made with Zinfandel grapes but is pink, generally sweetened with sugar and lower in alcohol (9-10 percent). It was "created" in the 1970s by California winemaker Sutter Homes. White Zinfandel is very light and often sweet — it's not a favorite of mine but some folks, especially younger wine drinkers, do like it!

Do pick up a Zinfandel or two for your next backyard grilling. I know you will enjoy drinking something different ... something with an intense fruit and spice taste. We New Englanders treasure the warmth of August and early September. With Zinfandels, like The Federalist, you can add even more "spice" to your gatherings with family and friends in these waning days of summer.

**Cheers, Val**

Val Bauman is a wine educator, sommelier and founder of the Wine Club at Pinehills. She also offers wine-tasting parties and events. **Contact her at [vjb44@comcast.net](mailto:vjb44@comcast.net)**