

CRAFT

Beer, Wine & Spirits

July/August 2023



The Songo River Queen II

Page 4

FREE

Locally Owned And
Published In Maine

Spirit Page 24 | Wine Page 30 | Hospitality Page 34 | Sustainability Page 38



1052 Minot Avenue, Auburn
783-6885

**AUBURN'S FINEST
STEAK HOUSE
FOR 20+ YEARS!**



*It's where
you come to
eat and
stay to visit!*

Open 7 Days a Week 11:30am to close



CONTENTS

VOLUME 3 - ISSUE 2 - JULY/AUGUST 2023

4 FEATURE
Queen of the Songo River



- 12 Beer Styles
- 14 Behind the Bar
- 18 Road Trippin' With Craft Maine
- 24 SPIRITS**
The Home Bartender
- 28 Recipes
- 30 WINE**
Gluten free Wine
- 34 HOSPITALITY**
Exploring Bangors Vibrant Urban
Community Nestled in the Rural Beauty
- 38 SUSTAINABILITY**
Spent Grain: a Versatile Waste Product

CRAFT

Beer, Wine & Spirits

A PRODUCT OF
**Turner
Publishing**
INCORPORATED

CONTENT COORDINATOR
Jacob Wall

PUBLISHER
Jodi Cornelio

DESIGNERS
Garret Carver
Michelle Pushard

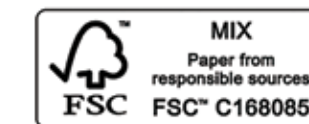
SALES
George McGregor, Arthur Auger,
Brett Bannister, Patrick Heuveline and
Jacob Wall

CONTRIBUTING WRITERS
Victor Block, Jeff Cutler, Liz Lane,
Aidan Leavitt, Beverly Ann Soucy,
and Jared Wood

craftmaine@turnerpublishing.net

craftmainemagazine.com

www.turnerpublishing.net



Craft Maine Beer, Wine & Spirits features content about beer, wine, spirits, and alcohol-related products and information. In addition, the magazine features articles, political editorials, legal information, and news relevant to the craft industry. All content within our publication and on our website is for educational and entertainment purposes only and should not be considered personal, legal, or medical advice. Both the printed publication and website are intended for those over the age of 21. In the state of Maine, alcohol is intended for use by those 21 and older. If consuming, please keep out of the reach of children. The Publisher assumes no responsibility for the advertisements within this publication. We strive to ensure the accuracy of the information published. The Publisher cannot be held responsible for any consequences which arise due to errors or omissions. Reproduction in whole or in part is strictly prohibited. All rights reserved.

Queen of the Songo River

“I drove the Songo River Queen”



By Aidan Leavitt

Feature

“We retained the same staff, same bartender, same captain, same deckhands, in fact, we even brought back one of the old captains who used to drive the boat as a teenager.”

— Ryan Carvalho

The Songo River Queen II has not cruised the swirling Songo River in quite some time, as the Songo Locks Swing Bridge was shuttered by the state for good in 2011, but the locals certainly don't suffer from lack of seeing it out and about in the lakes region. Its regular lively appearances and hosting, Mississippi riverboat styling, cheery white and red lacquer paint, and paddles have earned it permanent mooring in the hearts and minds of the locals. Its visage can be found nearly everywhere, even in the most unexpected of places.

Recently that mooring has changed hands. Massachusetts-born and raised, Ryan Carvalho has in the past made a living by way of many a boat as both a commercial fisherman and lobsterman, professions to which many Mainers can relate. Eventually turning to the real estate and construction business, Carvalho continued to look for opportunity wherever he could find it. One such opportunity presented itself last year when at his second home in Naples, on the banks of the Songo River no less, he heard

a rumor of the Songo River Queen's sale. In 2022 he contacted the cruiser's owner, local fixture Kent Uicker, and purchased the business in hopes of carving out a nice retirement gig for himself. He spent some time learning the ropes and the two really hit it off with Uicker handing operations over to Carvalho before his passing this January due to a series of health issues. Carvalho wishes Uicker was still around to help in learning more about the rich history of the river runner and its impact on the area. Carvalho admits in some ways he's still trying to comprehend how to captain such a complicated endeavor and understand its past but that he's had lots of really wonderful people pitch in and help out to make things a whole lot easier. “We retained the same staff, same bartender, same captain, same deckhands, in fact, we even brought back one of the old captains who used to drive the boat as a teenager” Carvalho adds. It's obviously been great having enthusiastic help, and Carvalho has gotten his family involved too, training his wife, daughter and son on the ship's operations.



Feature

When Carvalho made the move out to the lakes region years ago, he was searching for a change of scenery and tempo; “it’s a different pace of life out here, more relaxed, slower, the way life should be, right?” he jokes. He adds when he first came out to Maine, it was in small bits, a day here, a day there, then full weekends, and he began to find himself looking to invest in the area. Initially looking to purchase a marina, the numbers just didn’t add up, so he continued looking for something water related and saw the value in the Songo River Queen when it came up for sale. Along with the Songo River Queen came a parcel of waterfront and dock area that Carvalho is eager to expand and improve upon. Once that’s accomplished it’s onto another boat, this time one that can cruise right under the fixed-span bridge and allow him access to the much-desired Songo River.

Carvalho says he had only been on the Songo River Queen II a couple times before he made the decision to purchase it. “I didn’t realize what I was buying,” he chuckles, “every local campground you Google, the River Queen is there in the background.” Despite the love the locals show for it, at one time he wasn’t sure how it would be received; “the first couple times I went out on it I thought the neighbors must be really upset with all this noise and let me tell you I haven’t had one complaint! People [tell me] they love seeing it pass by, they go up and take pictures with it, they’ve always got their eye out for it. It’s really a great staple.” Uicker relayed as much to him before the Songo’s sale saying, “This business, it’s a service you offer. When people get off the boat, they thank you because they’re happy it was such a good experience.” Carvalho admits these aren’t the attitudes he’s used to dealing with in the contractor world where everything is a complaint, a service call, a warranty issue, “it’s truly a breath of fresh air to be told thank you, and I’m able to say it right back to people, such a different environment.” The Songo has indeed long been a point of pride and represents crucial memories for many.

While hiring contractors to work on the boat, Carvalho got a call one evening from one of his construction workers whom he had put up in a local motel while he worked the job. “I was quite surprised when he told me hanging above his bed was a framed picture of the ship I had just purchased,” said Carvalho. “It just goes to show how much it means to the local community,” he added. Carvalho said one thing locals kept mentioning were the long lost “I drove the Songo River Queen” pins which used to be handed out by the Songo’s original owner, Frank Gerrish, who on public cruises would let young ones and people with birthdays come up to the bridge and steer the vessel. During his renovations he stumbled upon a box of about a thousand

little badges, which he came to realize represented cherished memories for many. One amongst them a local school director who on a cruise earlier this season relayed the story of her driving the boat and tooting the horn to Carvalho and the staff.

Carvalho wants to keep these traditions and ties to the community alive, but some updates certainly need to be made. That would be in keeping with Songo’s history though. The Songo River Queen seen today is in fact the second iteration, the first having been burnt down to the waterline as a result of a cigarette accident in the fall of 1981. Frank Gerrish the original owner and builder somehow managed to construct an entirely new ship, the ship still in use today, which was significantly bigger than the original coming in at a whopping 93 feet...in a span of just under seven months. Gerrish didn’t even miss the summer season, and not a single season has been missed since the first run of the Songo River Queen in 1970.

The River Queen has been a boon for local business by way of brews and boating too, although one should be keen to separate the two. Local marinas like the Moose Landing Marina and Causeway Marina are positively impacted by some of the tourists drawn to the Songo every summer season. That and of course the Songo River Queen II is well-liked by the local boating community, many of whom have fond memories of their first waterborne adventures aboard the ship. The Songo is after all steeped in tradition, and after 53 years of operation who could expect anything less?

In the realm of brews, The Songo offers a full bar, to which there are many benefits of having. With a wide selection of drinks made available, The Songo is able to showcase some local flavor and give passengers yet another reason to hop aboard. Much like a craft brewery or local watering hole can unite a group of people in creating a comfortable place to chat with friends and family, The Songo River Queen II fosters a sense of community while allowing people to appreciate and experience the natural landscape around them. Everything about the Songo River Queen II is unique, everything is handcrafted, hand-picked, attention has been paid to every little detail, because the details are where it counts when it comes to creating an experience.

As mentioned, Carvalho’s got quite the background in boating, balancing his time before the construction business between lobstering in the summer out of Saugus, Massachusetts, unloading trawlers and working in the Boston fishhouses during the icy winters. He has admittedly spent a lot of time working in, on and around boats, so he knows the territory well. Since owning the boat he’s also done a good deal of research, and has kept in contact with Mrs. Uicker, who has passed down several tales



and information about the ship and its history relating to her late husband's ownership stint. This storied past is something he's kept in mind while planning what's next for the business.

In keeping with the hardworking spirit of the ship's previous proprietors, Carvalho has been busy improving some of the vessel's more dated features. He's put in a lot of elbow grease; sanding and painting the whole ship, top to bottom, renovating the bathrooms, which he adds were in dire straits, installing new flooring, a new lighting system and perhaps most impressively a brand new 20-foot bar. He's revamped the bar's payment system too, updating it to 21st-century standards by going fully digital so patrons can pay with a card or phone so as to not miss out on drinks. Alongside physical improvements he wants to open up the "accessible and inexpensive experience for the water" to wedding parties in the near future, "the brides love [the ship] ... it's got a sense of calm about it, that paired with the sunset out on the water, you can't go wrong." Carvalho has a laundry list of future improvements at the ready and a plan of action for the coming years which is assuredly a good thing for the Songo River Queen II, and his vision and affinity for making it the best it can be shines through.

As the summer season has come into view, Songo's operations have gotten underway. Some of the many things that make the Songo River Queen II as revered and

recognizable within the area are the live events held on the deck, that range from community-based events like the Bridgeton and Naples Lions clubs hosting the veteran's cruise and their own 80's night, to energetic live musical performances from well-known area bands like Twyce Shy and The Motor Booty Affair.

One of Songo's partners is Jerry Perron, owner of The Music Center in Topsham and a seasoned musician. He first heard about the Songo River Queen eight years ago while at a gig on the ship playing for a band called The Geeks. He took note of the fun environment and uniqueness of the venue, eventually returning to play a couple of years later with his long-standing band, local legends Twyce Shy. Barring covid, Perron and Twyce Shy have played on the Songo River Queen numerous times in the last five years, consistently selling out shows.

For Perron, the cruise is a time to visit with old friends, meet new ones and hang out with family saying, "Since we're [Twyce Shy] all in a bunch of different bands, we only do shows maybe five or six times a year that way it keeps it fresh and fun for us." In this sense it's a relatively laid-back occasion for Perron who is in a few different weekly working bands, "it's not like working with the same coworkers all the time, it's more like a family get together" Perron has also made a tradition of taking the opportunity to bring his daughter Bella Perron, lead guitarist for the acclaimed rock band Plush, out on stage with him, who he admits "is the real rockstar." The atmosphere on The Songo is indeed different as "it's not like at a usual bar" Perron says, "it's really more open to all ages, people young and old, it's got a party atmosphere, but kind of a relaxed vibe."

Perron and Twyce Shy approach it like they do most other gigs, but that is a tad different from how most bands might approach it, as they rent the Songo River Queen II itself for a couple of rs and run ticket sales, promotion and merchandise themselves. This of course comes with some costs, but Jerry and Twyce Shy are no strangers to rolling up their sleeves and taking care of business. Perron adds "Even though I rent the boat, and in that sense, it's a private affair, anyone can go onto our website and access the tickets." Unfortunately for music lovers, tickets for the band's upcoming cruise on June 17th are sold out. Not to worry, however, as the band will be appearing again on the Songo River Queen for a second performance on July 21st and has a couple of other shows scheduled in the area in October.

**"The brides love [the ship] ... it's got a sense of calm about it, that paired with the sunset out on the water, you can't go wrong."
— Ryan Carvalho**



Next to his family, Perron's favorite part of the event is "seeing the enjoyment on everyone's faces when [they] play, it's a fun time, it's a rock and roll party" adding that a lot of people really enjoy the booze cruise element and bar the ship provides. The energy the band is able to bring is simply unmatched, and they intend to keep doing on The Songo what they've always encouraged their crowds to do; "rock on brothers and sisters!"

While partners like Perron plan private events Carvalho is making an effort to bring back the public cruises so others can enjoy the splendid scenery of the lakes region too. He'll be offering public cruises on the ship for the first time since before covid. The first cruise took place on June 15th from 2 p.m. - 12 p.m. with rates at \$35 a person and they will continue into August. The cruise will be a two-hour narrated jaunt along Long Lake paired with a little history, some gorgeous sights, and of course, drinks. Carvalho is particularly excited for the coming holidays like the 4th of July celebrations this year, as he's made preparations for many cruises offering a wide variety of food, drink and even premiere seating made available in the fall he's planned a Halloween bash at the dock. The event, slotted for October 7th, has seen its numbers balloon from 20, 80, to over 100 participants this past year, and is geared more toward locals. People young and old are invited to take part in trick or treating and a costume contest held aboard the ship.

Beers are assuredly not the best pairing whilst behind the wheel of a boat, but they are certainly a good pairing for the laid-back lake lifestyle many in the Naples area are able to enjoy. Places like Fluvial Brewing located in Harrison and Birchwood Brewing in nearby Gray, are able to capitalize on the greater Sebago region's affinity for pouring one out. They offer bespoke brews and a unique way to meet and engage with local community members. Hopefully businesses like The Songo River Queen and local marinas like Moose Landing and Causeway can con-

"It's not like at a usual bar ... it's really more open to all ages, people young and old, it's got a party atmosphere, but kind of a relaxed vibe."

— Jerry Perron

tinue to bring in business and continue to encourage safe standards for boating whilst connecting visitors and locals alike with all that the area has to offer for recreation.

The Songo River Queen then floats at an interesting intersection between so many different contradicting forces. It's an integral piece of the hearts and minds of the local people, yet it continues to draw outside acclaim year after year. It's very much a product of the past economic climate and its own unique history, yet it's being upgraded and prepared for a bright future. What's happening now is a changing of the guard in ownership, but that's something that in the past has greatly improved what The Songo has been able to offer. It can be both a party boat or booze cruise and is dually used as a venue to help foster community. One thing runs common across all these facets of the operation; those aboard never cease to make timeless connections to the boat itself and to the local area.

It was to my surprise when upon mentioning what I was working on for an article this week, my own father had a realization he had been brought on both the original Songo River Queen and the Songo River Queen II as a small child. When he would venture from Southern Maine up to visit his paternal grandfather in the Sebago area, they twice ended up taking a ride up the lush Songo River. He can recall with vivid detail the sights he saw, adding that his first trip was one of his earliest memories. He mentioned too the sadness that came with the burning of the first ship, something Carvalho said Uicker had mentioned to him was a sort of rallying cry for the Naples community back in the day.



Feature

This connection hitting so close to home proved to me the far reaches of the Songo River Queen's influence on not just the region but anyone who has had the opportunity to be a passenger. If my own father can recall such an event from early in his childhood, perhaps only a couple hours in total with such clarity, there can only be troves of others who are able to remember their treasured time with the vessels.

When you search up Naples on the web, some of the very first images are of the Songo River Queen II set against the town docks or out cruising in calm Long Lake. The lush Maine forest and quaint marina area offer a warm and welcoming backdrop for the boat and its variety of cruises. The beauty of the lakes region and Naples specifically can't be denied, and so it would only be right to include the Songo River Queen II in that picture as well. Its styling and offerings are unique and tell the story of people like Gerrish, Uicker, and Carvalho, people who saw the value in operating such a tool to show others natural

beauty all around them. It remains a symbol for a simpler and more relaxed way of life.

A large part of Songo's story since being denied the river from which it draws its name, has been its involvement in the local community. That's not to say it wouldn't have facilitated the many charity events and local performances anyhow, but certainly, the tourist draw isn't the highest rung on the ladder for Carvalho. He does want to expand in the future and reclaim the Songo River cruise's old route, but he purchased the Songo River Queen and its associated half-century of history, perhaps not knowing full well what it meant to the local community at the time, but it's evident he's learned since and has every intent to improve what others have helped build into a timeless piece of lakes region history. The success of a local icon is a sure consequence of the improvements and involvement of the community, and its success is naturally the end goal too, but it doesn't require a sacrifice of Songo's spirit to get there, which is the best part. 🍀

“This business, it's a service you offer. When people get off the boat, they thank you because they're happy it was such a good experience.”

— Ryan Carvalho



IRISH AND AMERICAN
Pub Fare from Burgers & Pizza to
traditional Irish meals
Serving until 9pm

32 BEERS on Tap *Come Join us on our 4-season deck!*

Happy Hour 3-6pm
 \$5 Well Drinks
 "Talls for Smalls" Beer Specials
 & Live Entertainment
 on the Weekends
 Follow us on Facebook for updates

Hours: Tue-Sat 11am-10pm
 207.213.6218
 18 Bridge St., Augusta, Maine



OTTO'S ON THE RIVER

CASUAL FINE DINING
 Seafood, Italian & Vegan Specialties



At Otto's on the River, we provide our guests with attentive service in a classy, yet comfortable atmosphere. Amazing views of the Kennebec River from the Dining Room.

207-213-4757 • 287 Water St. Augusta
 ottoontheriver.com



Authentic Neapolitan Style Wood Fired Pizza

- Inside & Outside Dining
- Live Music
- Trivia Nights
- Pizza – Pasta – Burgers & Sandwiches – Salads – and more

Order Online buranospizza.com

Bath 128 Front St Bath, Maine 207-371-7000	Hallowell 192 Water St Hallowell, Maine 207-213-6634	Scarborough 246 US RT 1 Scarborough, Maine 207-289-6781
--	--	---




VISIT THE VAULT!

Dining Room
Entrees, Homemade Appetizers,
World Class Burgers

MONDAY
 Homemade Appetizers
 BUY 1 GET 1 HALF PRICE

TUESDAY
 \$11 Burger Night
 13 WORLD CLASS BURGERS

WEDNESDAY
 2 FOR 1 Gourmet Pizzas
Wednesday Open Mic 6 to 9
Thursday Trivia Night
Friday & Saturday Live Entertainment

1 Post Office Square, Downtown Waterville
 Open Sun.-Thurs. 11am-10pm
 Fri.-Sat. 11am-12am

Mainely Brews
Restaurant & Brewhouse 873-2457





HANG IN OUR OUTDOOR PATIO!

Beer Styles



American Amber Lager

A widely available, sessionable craft beer style that showcases both malt and hops. Amber lagers are a medium-bodied lager with a toasty or caramel-like malt character. Hop bitterness can range from very low to medium-high. Brewers may use decoction mash and dry-hopping to achieve advanced flavors.

CATEGORY: DARK LAGERS

The family of malt-accented dark lagers are some of the most accommodating when paired with food. Clean fermenting lager yeast allows the toasted and caramel flavors of dark malts to shine through. Think of dark lagers anytime you are grilling meats and veggies, as they offer a straightforward complement to the roasty elements grilled foods.



SRM refers to a beer's color. A very pale beer, such as American wheat, typically has an SRM of 5, while a dark colored stout is usually in the range of 25-40 SRM.



IBU is the measure of hops' contribution to a beer's bitterness. It can range from zero to over 100. Beer bitterness is subject to perception. What is aggressively bitter to some is mildly bitter to others. Also, bitterness can seem lower in the presence of residual sugar, carbonation, and cooler temperatures.



ABV varies by craft beer style from around 3% to more than 20%. Alcohol flavor may be perceived, and is sometimes desirable, in craft beers with higher ABV.

FOOD PAIRINGS

-  Grilled Meats and Vegetables
-  White Cheddar
-  Fruit Desserts

GLASSWARE & SERVING TEMPERATURE



Tulip
45-50 °F

Tulip glasses trap the sweet aromatics produced by heavy beers while maintaining a lively head. This shape aids in drinkability and elevates the overall tasting experience. This type of glassware is best for strong-flavored, malty craft beers.

More information and other styles can be found at www.CraftBeer.com.

Behind The Bar

Sonia Breault

By Liz Lane

Liz is a writer, podcaster located in Southern Maine

Before training to work as a hostess at Mainely Brews Restaurant, Seventeen-year-old Skylah Talon already had nine months of experience behind the bar. Her mother Sonia has arguably an even more impressive record; no weekends in 20 years.

This self-described brewhouse, located in one of the oldest buildings and former post office, also has two decades' worth of anniversaries to celebrate. Not only



with Sonia but with their reliable source of microbrews as well: Black Bear Brewing in Orono, Maine, and dozens of reoccurring customers that have walked the floor since day one.

Sonia Breault cites familiar faces as pillars behind the success of the bar. A fair number of her fellow employees have been working there for almost as long, with an average experience of over ten years. The staff behind the scenes are credited as the imagination in both the ingredients and names behind such specials as the Alley Oop Kebabs: a peanut, curry mango, and beef kabob with peanut sauce and a chicken shawarma kebob with lemon tahini sauce served with chef's rice.

As a single mother, Sonia appreciates the flexibility of her position, which allows her to work two days a week where she can support Sky's tennis hobby. With the recent purchase of a camp right between her two favorite places, Rangely and Sugarloaf, with fantastic views, she has upped her time to three days a week. Her prevailing record is not lost on Breault.

"It's been a long-running joke that I come with the place, and it's taken years to get where I am," observed Breault. "Attitude is everything, and my personality is a big part of why they always return. They like the abuse."

No longer content with only serving alcohol, Mainely Brews is beginning to transform itself into a proper brewery. While new flooring and drainage systems have already been incorporated to accommodate the brewing process, their shiny new equipment is biding its time behind plastic.

"We started working towards a brewery in 2021, but that's as far as we got," said Sonia. "Luke, one of the owners, has a fast-growing family and another business to run, Flowers Pharmacy. Therefore, it's not a fast-moving project at this time."

While one would have guessed having your teenage daughter train to waitress in a restaurant where she spent much time initially in utero, Sonia replied candidly when asked about the biggest change in the last 20 years; closing time.

"We used to be open until 1 o'clock which was rough on me. I did that for 16 out of the last 20 years while

Behind the Bar

raising my daughter. This meant getting up with her in the mornings at 6 a.m. after going to bed around 3 a.m. to take her to school. I would nap, pick her up at 11 a.m., be a mom, and then get ready for work at 4. That was super difficult," Sonia commented. "However, now I'm usually out by 10:30 p.m. during my two shifts. I've never put in more than 20 hours a week here, but now I have added an extra shift a week to pay for my camp."

The Breault bloodline isn't the only thing going strong and defying odds behind the bar. Sandra Picard, another of Mainely Brew's institutions, has been involved with the brew house almost as long as Sonia. After taking a couple-year sojourn to battle and recover from breast cancer, she returned to fill in where gaps appeared.

"What does she not do here is the question," Sonia laughed. "She's amazing and has a regular full-time job, with a spouse and two daughters. She covers shifts, and sometimes you'll find her in the kitchen whipping up food because we are slammed, and they can't keep up. She's a bit of every manager and a lot of the glue that holds the place together."

Sonia cited Picard as a source of model employee behavior and a role model for sticky situations managed gracefully.

"My attitude over the years has gotten much better, and it's because of how I've seen her treat people: She's just so smooth and charismatic and just wonderful with people, even if they are wrong- which a lot of the times they are but she makes everything better, somehow, somehow."

Both Sonia and Sky have benefitted from Mainely Brews, whether it be the scheduling that allows for outdoor recreation and the time to travel or even charitable efforts put on by the brewhouse. Dining to Donate is a benefit that gives ten percent of the money raised in a night to a different need, such as new uniforms for surrounding schools and Project Graduation and such things alike.

"The owners are a huge part of what's kept me here. They are great friends and wonderful guys. I can't express enough how amazing Shaun and Luke are," volunteered Sonia. "There is no better salt of the earth people, and you can't find a better boss. Nearly impossible." 🍷



IT'S ALWAYS WORTH THE TRIP.

Top off your trip at the New Hampshire Liquor & Wine Outlet! No matter where in New Hampshire your travels take you, you're never far from our outlet locations.

Take a piece of the Granite State home with you by visiting our NH Made section featuring dozens of products made by local distilleries and wineries. There's something for everyone!



FOLLOW US FOR SAVINGS LiquorandWineOutlets.com

*Some restrictions apply. Exclusive and last chance items not included. Please drink responsibly.

PENMOR

LITHOGRAPHERS

- BOTTLE/CAN LABELS
- COASTERS
- BOTTLE OPENERS
- SIGNS & BANNERS
- WINDOW CLINGS
- MAGNETS
- KEG COLLARS
- STATIONARY
- BUSINESS CARDS
- SALES MATERIALS

THE HIGHLAND GRILLE

EAT | DRINK | ENJOY

CLASSIC PUB FAVORITES AND SPECIALTY COCKTAILS
Featuring Nightly Food and Drink Specials

HAPPY HOUR IS MONDAY - FRIDAY 4 TO 6
25% OFF ALCOHOL AND APPETIZERS!

SPECIALTY DRINK MENU

Blackberry Watermelon Margarita Blackberry Infused 1800 Tequila, Triple Sec, Fresh Squeezed Lime, Simply Watermelon Juice, Salt Rim	Raspberry Coconut Margarita 1800 Coconut Tequila, Raspberry Liqueur, Bai Coconut Water, Fresh Squeezed Lime, Coconut Rim	
Bubbly Bramble Bombay Bramble Gin, Raspberry Liqueur, Fresh Squeezed Lemon, Lemonade, Topped With Prosecco	Strawberry Lemon Drop Martini Strawberry Infused Absolut Citron, Fresh Squeezed Lemon, Lemonade, Strawberry Puree, Sugar Rim	
S'mores Espresso Martini Espresso And Whipped Vodka, Crème De Cacao, Torani S'mores Syrup, Iced Coffee, Graham Cracker Rim, Chocolate Drizzle, Toasted Marshmallow	Key Lime Pie Blue Chair Bay Key Lime Pie Rum, Whipped Vodka, Simply Limeade, Graham Cracker Rim, Whipped Cream, Lime Zest	
Wine List Kendall Jackson Chardonnay, Due Torri Pinot Grigio, Matua Sauvignon Blanc, Mionetto Prosecco, Stella Rosa Moscato, Josh Cabernet, Julia James Pinot Noir and Terrazas Malbec		

- OPEN TO THE PUBLIC - RELAXED ENVIRONMENT

Open Monday-Saturday 11 am - 9 pm
 Sunday 11 am - 8 pm Brunch available from 10 am - 4 pm
 OFFERING DINE IN & TAKE OUT
 10 HIGHLAND AVE., TURNER, ME | 224-7090
 LIKE US ON FACEBOOK @thehighlandgrille

CHECK US OUT!

Join us for Karaoke and Trivia Nights!

Dine in or take out.

Open year round. Live Entertainment, Multiple TV Screens and Great Food! CLEAN, FRIENDLY, FUN.

Phone 864-5616 Main St., Rangeley

Tully's

• BEER AND WINE •

Agency Liquor Store

We have the Best Selection of Beer, Wine, and Cigars in THREE States!

45 Wells Plaza - Wells, ME
 207-641-8622 • tullysbeerandwine.com

Road Trippin'

With Craft Maine



Mississippi River Cruise

By Victor Block

The room in which my wife Fyllis and I were staying rivaled those in many an upscale hotel. The list of available activities in our temporary home-away-from-home covered a diversity of interests. The food and meal table settings were five-star. Unlimited hard and soft libations were available at no extra charge.

We were enjoying one of more than 50 small ship itineraries offered by American Cruise Lines, which ply their rivers and other waters through 35 states in vessels that hold between 90 and 180 passengers. They combine facilities, amenities and activities comparable to those available on massive mega-cruisers with the intimacy of a smaller setting and fewer people.

Road Trippin'

There also were opportunities to explore inviting towns that provide deep dives into the Civil War and other history and visit magnificent anti-bellum plantations. Adding to the allure of our Lower Mississippi River Cruise was the chance to explore museums that bring to life prehistoric times, Native American and African American stories, and numerous aspects of life in that corner of the country.

Another bonus was available time, for those who wished to do so, to drop by distilleries and breweries located in towns along the route. These include the oldest licensed distillery in Memphis, Tennessee; a brewery that began as a stovetop operation by a young married couple; and another which doubles as a popular live music venue.

Even if we had been confined to the ship, Fyllis and I could have found diversions enough to fill many an hour.

Speakers led enlightening discussions. The complimentary evening cocktail hour, nightly entertainment and other offerings competed with the appeal of enjoying the comforts of our expansive stateroom.

After spending time on our private stateroom deck watching the river and observing tow boats moving long lines of barges carrying a variety of cargo, we were enthralled by opportunities to set our feet on land and explore the historic and other gems at towns along our route.

The brick streets of Vicksburg, Mississippi led to a Civil War Museum, the Vicksburg Military Park and other highlights. We were equally enthralled by a home that served as hospital during the Civil War, with convalescing Union and Confederate soldiers separated on different floors.

The next stop in Mississippi was Natchez, which was established by French colonists in 1716 and became part



Road Trippin'



of the United States in 1783. Planters grew cotton and sugarcane and built expansive mansions to demonstrate their wealth. Many of these stately homes survive to relate part of this story, while the Natchez Museum of African American History and Culture tells another side of the tale.

Baton Rouge has a number of interesting stories to relate, beginning with the derivation of its name. In 1698, French explorers sailing up the Mississippi River spotted a red pole along the shoreline. After learning that it marked the boundary between hunting grounds of two Native American tribes, they called it le Baton Rouge (the red stick) – and the name stuck.

The town was ruled by seven different governments before becoming the second largest city in Louisiana and, in 1846, being designated the state capital to replace “sinful” New Orleans. Not surprisingly, it has its share of history-rich sites.

The Capitol Park Museum traces contributions of Native Americans, early European colonists, enslaved people and others to the area’s development and accomplishments.

Exhibits at the LSU Rural Life Museum, housed in a complex of 32 historic buildings, focus on the way of life of 18th- and 19th-century Louisianans.

Our voyage ended in New Orleans, and as the journey drew to a close, participants had an opportunity for one last guided excursion. This tour leads to a number of highlights in the self-proclaimed “City That Care Forgot.” They include the famous French Quarter, lovely Garden District and imposing mansions.

My favorite estate among those we encountered lived up to the romanticized image of plantations, and then some. That’s why Houmas (pronounced Hummus) House, located between Baton Rouge and New Orleans, has appeared in a variety of motion pictures and TV series.

The plantation was established in the late 1700s on land inhabited by Houma Native Americans. The French Colonial-style home, built about 1775, served as the focal point of what became a very successful sugar cane operation. An oak tree alley leads the eye to the front of the graceful house, and resident geese and ducks act as noisy sentries.

The tour of the lovingly restored antebellum mansion recalls those heady days, and rare period furnishings, art and artifacts reflect the home’s former opulence.

Then there are the gardens. The 38 acres of colorful native and exotic plantings serve as backdrop to a museum-quality collection of sculptures.

This treasure is but one gem among many that await discovery, and enjoyment, during a Mississippi River voyage with American Cruise Lines. An added treat was the opportunity to visit inviting distilleries and breweries along the way.

In Memphis, our departure city, that included several alternatives. B.R. Distilling Company, the oldest in town, was founded in 2013 as a vodka operation, then shifted its focus to mature spirits. The company ages its barrels along the bluffs of the Mississippi River, and the summer heat and humidity treat them, forcing the whiskey deep into the oak which imparts its rich flavor.

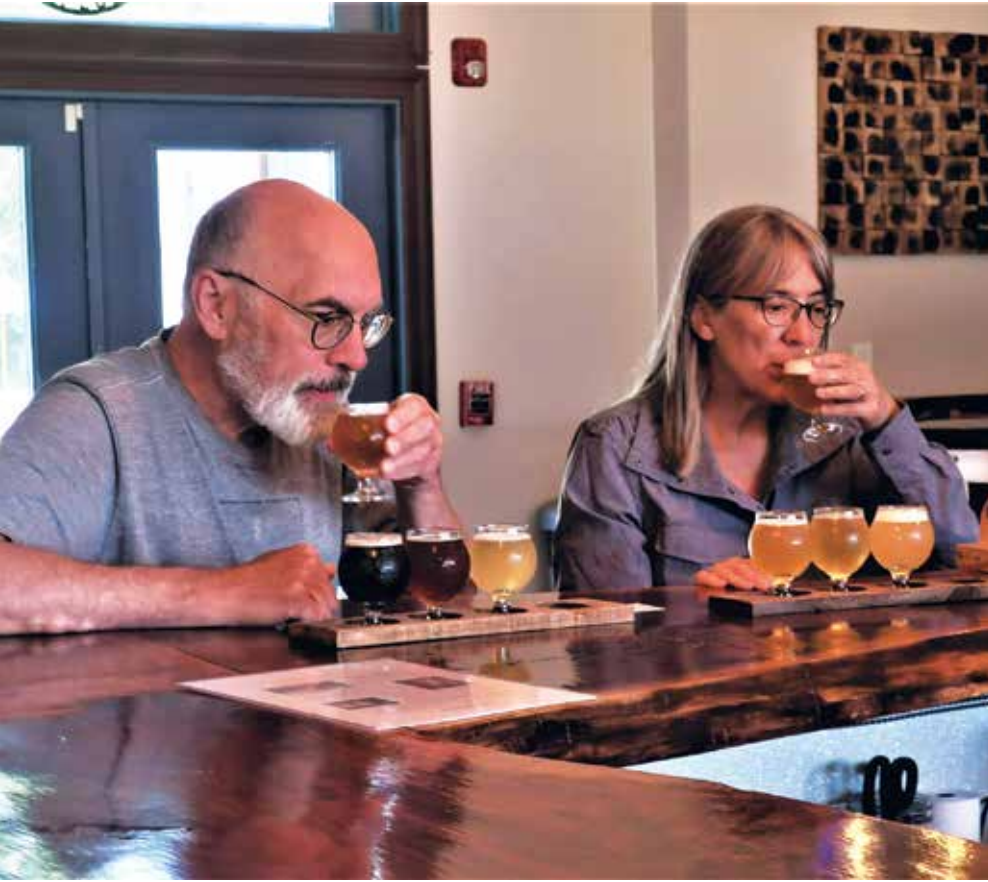
Visitors may sample its products, including three Blue Note Bourbons – Juke Joint, Crossroads and Uncut – in the 550-square-foot tasting room. They also may take guided tours of the 27,000-square-foot production facility that delve into the history of bourbon and the art of crafting it.

The owners of Memphis Made Brewing started with six accounts and currently sell beer to bars, restaurants and retail stores throughout the area. Their taproom is located in the historic Cooper-Young neighborhood, an eclectic mix of restaurants, bars and shops. It’s named for a 150-foot-long steel sculpture which captures the cool vibe of the district.

Our next sudsy stop was Vicksburg, where the Key City Brewery has a lovely tale to tell. When Zack and Kaitlin Erickson traveled to Belgium for their honeymoon, they fell in love with the tasty beers that have been produced there since the Roman era in the 4th century BC. After they returned home, they began turning out small batches on their stovetop and eventually opened their brewpub.

Their production-scale 15-barrel operation turns out to be both experimental and classic-style brews. These include crispy lagers, robust stouts, IPAs and sours. Their Mississippi River

Road Trippin'



Blonde has been popular since the first batch sold out in six days; they claim their light pilsner is “the perfect mowing-the-lawn beer,” and the dangerously named Death on Two Legs presents a combination of citrus and hops.

Music blends seamlessly with the blends at Key City Brewery. It hosts live music three nights a week, and most of its beer names are inspired by song titles or lyrics.

The Natchez Brewing Company boasts that its beers are “made with a true Southern drawl and the hospitality of the deep South.” That’s not surprising for a blonde ale named Bluff City, the nickname of a southern town; Strawboss Wheat Beer, brewed with sweet orange peel, and South-

ern Grace which, despite its name, is a German sour historically associated with Berlin.

Continuing our journey south, we arrived in St. Gabriel, just outside of Baton Rouge (population about 6,500). It’s located in the region that was founded by French-Canadians who settled there after being expelled from Nova Scotia, Canada in the 18th century.

This is home to Istrouma Brewing, a barn-turned-brewery which is surrounded by the beautiful fields and lovely landscaping of Sugar Farms. That working homestead also houses a restaurant which serves farm-fresh food and an art gallery.

Among its imaginatively named brews are La Blue Eyes Chien, a golden ale with added blueberry; Star &

Cannon Mexican Lager, and Swamp-squatch Hibernation, an American Barleywine. Adding to the color, and the kitsch is an astounding assortment of memorabilia that includes tables made from pianos, paintings on old doors and hollowed-out cars that provide seating.

New Orleans, the end point of our cruise, has a population of close to 400,000, and a selection of breweries and distilleries in keeping with that head count – and with its reputation as fun city. Among the more popular adult beverage locations are:

Brieux Carre Brewing Company, located near the French Quarter, which sells almost as much merchandise as beer.

Port Orleans brewery is an incubator of beer, constantly seeking innovations and releasing new beverages.

Happy Raptor Distilling is New Orleans’ newest rum distillery. Its 504Rum products are made with 100% Louisiana molasses and without artificial ingredients.

NOLA Distillery offers tours of its newly remodeled facility and samples in its tasting room. Products include handcrafted vodka, gin, whiskey, rum and, being a southern operation, moonshine.

The challenge facing travelers selecting an American Cruise Lines trip is choosing from the long list of destinations, ships and experiences. Whether you’re a lover of beer or favor distilled spirits, their Mississippi River cruises are sure to quench your thirst.

In addition to the Mississippi, American Cruise Lines’ itineraries also include rivers and other bodies of water in the Pacific Northwest, Alaska, Southeast, New England and elsewhere. For more information log onto americancruiselines.com or call 800-814-6880. 🍷

**“Made with a true Southern drawl and the hospitality of the deep South.”
— Natchez Brewing Company**

Central
est. 1934
CENTRAL DISTRIBUTORS, INC.

**Maine's Statewide
Beverage Distributor**

15 Foss Road • Lewiston • 207.784.4026

2151 LISBON STREET LEWISTON, ME
Bakery & Store

**Now in Your
Favorite
Recreational
Store!**

**Medible
DELIGHTS
COMPANY**

Locally owned & family run

207-333-5032
@mdmedibledelights
www.medibledelights.com

Edibles | Flower | Concentrates | CBD | Merch



Spirits

The Home Bartender



Up Your Cocktail Game

By Jeff Cutler

The warm weather is here, cookout invites are rolling in, and bug spray and suntan lotion are fixtures in the car's center console. With the change of the seasons and the increased social schedule, the arrow is going to eventually turn in your direction. Will you be ready for guests when the weather gets warm?

That's right, you're probably going to have to host a gathering of some sort, or at the very least, contribute something to somebody else's party. The traditional way to do that was to bring a bottle of wine in a decorative bag and leave it with whomever answers the door.

But that's a bit crass. These days a bit more is expected. Instead of a bottle in a bag, how about bringing a delightful beverage that serves both as libation and as a conversation starter?

This works especially well if you're not in a situation to entertain. Maybe your place isn't big enough. Maybe you share space with others who are less inclined to be social. Maybe you're freaked out that a good percentage of your cats will escape if you welcome humans into your home.

Regardless, the gift of a great beverage can set the stage for never wanting an invite to any party. You'll be the first person people invite.

In FOUR steps this is how to perfect your cocktail gifting game. *Recipes for two winning warm-weather libations appear at the end of this article.

Step one: Search your socials.

That's right, check out Facebook, Insta and so forth to see what people are drinking these days. Check out hashtags for #cocktails #summerdrink #beverage #springdrinks #libations. This search will certainly bring up a few ideas for choosing a buzz-worthy liquid treat.

Here's one - www.facebook.com/hashtag/summerdrink/
And another - www.facebook.com/hashtag/cocktailrecipe/

When you're done scrolling around for inspiration, decide on your ingredients and base liquor. Start to consider how you're going to present this amazing drink/gift and whether it's a single-serving or a party pleaser.

We're onto step number two: Embark on a Bottle Search

According to Shawna Pekins at the Umbrella Factory Outlet Beverage Store, you have nearly 2000 choices when it comes to bottles of liquor the store.

Shawna is the manager of the UFO Beverage store in Naples, Maine, and she regularly fields questions about entertaining and the proper drinks to serve at a gathering. When we talked the other day, she said there were a few different ways to go when creating a spring or summer beverage.

"We have something for everyone," said Shawna when I presented my challenge. Then she suggested I do something to make everyone happy...investigate a 'pitcher' option and a standalone 'hero' drink.

That way, everyone has the opportunity to try something new and the drink in the pitcher can be an existing summer favorite like wine spritzers or sangria. Making a new drink is way more than the act of drinking, she indicated, it's the gathering of friends and family to enjoy an experience together.

"Making a cool refreshing cocktail or a pitcher of sangria on a warm sunny day," said Shawna. "Whether for just yourself or a group of friends at a cookout helps add to the relaxing experience for everyone involved."

This reminds us that matching our drink to people is more than addressing their curiosity and interest, it means also pairing with food and being aware of health and wellness issues. For instance, their burgeoning industry of 'healthy' alcohol is driving the way people entertain with and consume booze.

Think about beer and how brewers have embraced a slew of different formulas. A few years ago, who even knew that most cider was gluten-free? Until 'skinny' vodkas hit the shelves, we all blamed the mixers for making us gain weight. And then there's the whole discussion over which liquors are better for functioning the next day; and whether clear liquor is purer than a caramel-colored delight.

Step three is Be Healthy - if possible

For ages, holidays have been (and still are) tied to a certain beverage. St. Patrick's Day is stouts; Cinco de

Spirits

Mayo is tequila; winter holidays cry for scotch or bourbon; and the Fourth of July is usually easy-drinking beer or a fruit drink with vodka in it. Gin drinkers can argue that they own the summer, but so do folks hoisting their mule in the air while they watch fireworks.

Most people would prefer to emerge from a lovely dinner; a party; a concert; or a trip to the seashore, without extra pounds or pesky symptoms caused by their drinks. That's likely why Shawna and the UFO Beverage Store have seen a huge demand for healthier options in the past couple of years.

"People have always looked for the healthier option when buying their spirits," said Shawna. "Now there are Gluten free options out there such as Stoli Crushed flavored vodkas which are absolutely delicious and make an awesome choice to use in a cocktail."

She added that with shorts and swimsuit season here, people have created a demand for lower calorie offerings.

"Lately the craze has been low-calorie spirits," she said. "There are many well-known brands that have great choices and flavors to choose from. Skinny Girl vodka is the most popular low calorie vodka but kettle one and grey goose options are right behind them."

Fourth is to Gather

Gather together with friends. Gather your ingredients (liquor, mixer, garnishes, mixing implements and measuring tools). And gather your courage to experiment a little bit.

Whether the party is a lot of people or something more intimate, one of your first decisions is whether to create the drink(s) onsite or bring them with you.

Luxury of time and your own kitchen might make that decision easier. Though the fanfare and attention you receive when creating a drink in front of an audience can be hard to resist. Especially if you know your stuff.

In the past, my pattern was to search for a unique beer and bring that as a gift. But after talking with Shawna and cruising around the UFO Beverage Store, I'm going to make my next housewarming/party gift.

Last thoughts on this process of presenting your liquid creation

Make sure you get vessels that will travel well. Packing your drink ingredients or finished drinks in a cooler and securing it in your vehicle so there's no sloshing is critical. Also important is serve-ware. Try to ensure that if you've decided to unveil high-end margaritas, that you have the appropriate glasses. Image is important.

Finally, channel your inner Shawna Pekins who says if you're having a party, "there's no need to show anywhere else."

It's the truth, I crafted the following two drinks after walking around the Umbrella Factory Outlet and personally seeing the 1,900 wines and 1,800 spirits. Make your warm-weather gatherings a bit cooler, with a cocktail creation in your own style.



ALL THE FLAVOR
NONE OF THE GUILT

POINTER WOODLAND FARMS BREWERY
NON-ALCOHOLIC IPA
90 CALORIES | 32 oz

The first and only non-alcoholic beer, brewed in Maine using Maine-grown ingredients.
Available at fine retailers statewide, or order direct at www.wfbrewery.com

Authentic Craft and Locally Sourced



Visit Our Tasting Rooms

Portland - 200 Anderson St.
Inside & Outside Seating

Kittery - 165 State Rd.
NEW "Camp Kittery"
Tasting Room and Outlet Store

Order Online:

www.fermentory.com



Cans ▲ Bottles ▲ Growlahs

Blue DOLPHIN
SCREEN PRINT & EMBROIDERY
PRINTEDTEES.COM (603)692-2500

CUSTOM PRINTED AND EMBROIDERED SWAG!

Recipes

By Jeff Cutler

Jeff's Stoli Lemonade

(Insert YOUR name in place of Jeff when you make yours).

Who doesn't enjoy a frosty glass of lemonade on a hot day? This gluten-free, and practically guilt-free drink, is simple to make and comes out great every time.

As mentioned in the story with Shawna Pekins from UFO Beverage Store, Stolichnaya has a large selection of flavored vodkas - yet these are traditional grain-based. They also have a bottle called Stoli Gluten Free. That's what we're using here.

For Jeff's Stoli Lemonade, we're sticking to the basics with lemonade (homemade or from concentrate is fine); raspberries or mango or some summer fruit; and lime wedges or discs.

You only need a couple cups of lemonade if you're making one or two glasses. If you plan to serve a bunch of people, multiply out the recipe. For example, 6-8 cups of lemonade should serve 5 or 6 people.

Ingredient List (makes one drink):

- 2-3oz of Stoli Gluten Free
- 1 cup lemonade
- 1/3 cup raspberries or a 1/3 cup mango cubed small

1. Pour the Stoli and the lemonade into a measuring cup and stir together.
2. In a ramekin or small bowl, you may mash or muddle the raspberries or mango. Fruit can be used 'as-is', but muddling will release more flavor.
3. Fill a cocktail glass with ice and spoon in the muddled fruit.
4. Then pour the lemonade and Stoli mixture over the ice and the fruit.
5. Twist a lime disc and drop it into the drink. Or slide a lime wedge onto the glass rim.

Basic Summer Sangria

This summer pleaser is easy to make - with one caveat. A proper sangria needs a little time to properly 'flavor' itself. That means if you're going to bring sangria to a party or serve it at home, you will need to plan a little bit.

The short version is that sangria needs 24+ hours in the fridge before it's 'done'. So, start this recipe 24 hours before you think you have to. Otherwise, just bring a bottle of wine to that party.

OK, let's jump in. To me, sangria means wine and fruit and sweetness that's perfect for any warm weather gathering. A pitcher on the table, some food and great conversation. That's sangria and it's perfect for relaxing.

Continuing that theme, take your time when you're making this, it will turn out better.

Ingredient List (makes one pitcher - 4-6 glasses)

- Spanish table wine - two bottles
- Brandy - 1 cup
- Triple sec - 1/2 cup
- OJ - 1 cup
- White grape juice - 1 cup
- Simple syrup - 1/2 cup (purchase or make your own)
- Orange and apple slices (can sub in pears if desired)
- Raspberries, blackberries

Directions

1. Mix all the liquids together in a large pitcher and stir.
2. Add in fruit slices and stir.
3. Refrigerate for two-three hours.
4. Add in the more delicate fruit and stir GENTLY.
5. Refrigerate for two more hours.
6. Serve in a glass over additional fruit.

For a touch of class, make ice cubes with berries in them and use them to keep drinks cold. Enjoy!





Wine

Gluten free Wine

By Beverly Ann Soucy

Soucy is a writer, artist, and herbalist with a background in photography living in the mountains of Western Maine. She lives in a little red house with her two sweet older puppies Rusty and Dottie, is a cancer survivor, and makes her living as an herbalist and a stained glass artist as well as writer for several Maine publications. She is also the proprietor of an online publication that showcases the Ten Towns of the River Valley here in Western Maine. Beverly holds several volunteer positions with the local non profit groups in her community and when she isn't participating in those, you can often find her out on the trails foraging for plants and roots. She is currently living her dream, with a solid four-year plan, back in her hometown of Rumford, Maine.

What is gluten and why is it so important to beware of when consuming anything at all by way of food and drink, especially when it comes to your favorite types of wine if you have gluten sensitivities?

Gluten is a sticky protein with its key component being wheat. Gluten is the thing that makes bread soft and oh so good and is an important ingredient for all bakers. Some people have severe reactions to gluten and adhere to a very strict diet in order to maintain a quality of life. For those with Celiac disease, consuming even the tiniest amount of gluten can send your immune system into a tailspin. It can cause deficiencies in nutrition, attack your small intestine, and will promote osteoporosis. Some of the symptoms for someone who may be gluten intolerant are stomach pains, intense fatigue, and changes in your bowels as well as severe stomach bloating, and headaches.

When you have a diet that contains a high amount of wheat products, for most people they will develop some kind of sensitivity to it. Women who experience infertility are told to eliminate gluten. People who live with arthritis and inflammation are encouraged to adopt a gluten free diet. There are also a lot of studies that talk about living gluten free as a way to maintain longevity and a healthy life.

An easy way to start is to eliminate items like bread, cookies and all wheat-based cereals. And while that may seem easy, one thing that most people are not aware of is most if not all processed foods contain gluten. Canned soups, most cereals, breads, pastries, candies, beer and all malt liquor. The list goes on.

Your biggest armor when dealing with gluten sensitivity is reading the labels on everything. Your magic wand for it all is to stick to single ingredients foods. If you are someone who likes to dine out beware of cross-contamination. Not everything is prepared singularly. You may order a Caesar salad and find that the breadcrumbs were prepared in the same space, which in turn will cause your symptoms to be triggered.

Wine

Currently, there are many companies producing gluten free items for consumption in most larger supermarkets. There are several choices for it all when it comes to being gluten free. And there are choices for a lot of food that are naturally gluten free. Eggs, Dairy, chicken and turkey, all vegetables and fruits, nuts and seed and that list goes on as well. If you prepare single ingredient food in your home and do meal prep for the week you can manage a gluten free life. It is only when we find ourselves grabbing things on the go for lack of time that we run into trouble. Eating in this manner is nutrient dense and you will find that food will be used as energy.

There is a lot of conversation right now surrounding gut health. Heal your gut, heal your health. Do your research. What it does not mean is having to sacrifice the times that make you happy. Wine and Food go hand in hand. It is the very sustenance for quality of life since the beginning of time.

It is worth noting that while it's overwhelming at first, there is an abundance of information to arm yourself with for it all. It does require planning and shopping for food and wine and drink and should be done with purpose. But there is no reason that your quality of life should have to suffer. It is simply a learning curve and in figuring out what works for you along with figuring out what your triggers are and illuminating them.

There are several "diets" that are available to help get you started the likes of paleo, Atkins, the Low-FODMAP diet, The Whole30 and so on. Start with one of those. They will teach you the basics and as time goes on you can adapt pieces of each of those into your own life.

Now, let's talk about happy hour.

For the most part and for general knowledge most wines are gluten-free. A basic rule of thumb is if it isn't filled with extra flavorings, it is completely safe to drink for most people who are concerned or have a health issue that involves gluten. Wine is made from grapes and grapes are gluten-free. Simply that.

During and after fermentation, if no gluten-based additives are added, then it is safe for anyone with gluten sensitivity and those who deal with celiac disease.

Typically, if you are watching out for gluten you want to stay away from flavored wines and wine cocktails in favor of traditional wines the likes of Chianti, Chardonnay, Cabernet, Port, Pinot Noir, Merlot, Riesling and Champagne. Even a good bottle of Prosecco is okay to drink without fear of gluten, although I prefer the Champagne to the Prosecco and the Cabernet to the Merlot.

What is not safe are wine coolers, wine flavored beverages, and premixed wine cocktails.



Wine

There is however a small risk for some older vintages of wine that are aged in oak casks as they were once sealed with a type of wheat gluten to prevent the cask from leaking. But the amount of trace gluten is so small that it still qualifies the wine as being gluten free.

For any alcoholic beverage to be labeled gluten-free, it must contain less than 20 parts per million with very few exceptions to this rule.

If you happen to be extra sensitive to all gluten you can still find yourself having an aversion to certain wines even if they contain no extra ingredients. On occasion, wheat gluten is added when clarifying the product. The winemakers also use egg whites, and shells of crustaceans to clarify their wines as well as gelatin which is also important to note if you have the slightest sensitivity to eggs.

Another thing to give recognition to is most wines are aged in wood casks specifically oak and while stainless steel casks have become popular for aging one still needs to be very aware that the wood casks are sealed with a type of wheat past to prevent leaking and for some, even that minuscule amount of gluten will be enough for a reaction.

For someone who isn't educated in the wine making process it is an easy jump into thinking that wine coolers are wine products. However, while they may be labeled in such a way, for the most part they are made with malt and additional ingredients and additives and almost always contain some form of gluten! Beware. Wine coolers should not be your go-to as a choice. You would do better to stick with an actual bottle of wine mixed with club soda and fresh fruit if you are new to drinking wine.

Another exception to gluten-free spirits is Hard Cider. It would only stand to reason that cider, being made from apples, is a logical step to a gluten free cocktail. Add a bit of ice and enjoy.

If you are frustrated about which wine to choose, look for wines fermented in stainless steel casks.

And while there are specific brands that use "Gluten-Free" to market their own products the most important factor is to educate yourself as a consumer.

At the end of it all and as my personal take away after spending many, many years selling wine professionally and educating consumers on wine purchases, the only way to educate your own self is to read labels, visit your local small town wine shop, ask your neighborhood wine expert questions, attend the local wine tastings at those shops, and experiment for yourself. 🍷

Keep a wine journal. You will thank me.
Cheers.

Exploring Bangors Vibrant Urban Community Nestled in the Rural Beauty

By Victor Block

For at least 11,000 years, the Native American Penobscot People have inhabited the area around present-day Bangor, Maine, raising crops, gathering food and hunting. During the 1500s, they traded fur pelts with early European explorers.

In the mid-19th century, lumber and shipbuilding industries sprang up in the region, using logs floating down the Penobscot River from Maine's north woods. As home to more than 300 sawmills, Bangor came to be known as the Lumber Capital of the World, and the men who grew rich from those trades built elaborate Greek Revival and Victorian mansions that displayed their wealth. That attraction led to a second description: The Queen City of the East.

Some of those stately homes are among references to the past that visitors today may enjoy. Along with historic landmarks, those who come to Bangor find a vibrant urban community nestled in rural beauty, a hub of culture and natural settings that show off Mother Nature's magnificence.

Pleasant old-fashioned streets are lined with shops, boutiques and restaurants. The restored waterfront serves as an event center. Scenic canals bisect the downtown before flowing into the Penobscot River, the longest waterway entirely in Maine.

Overlooking the scene is a 31-foot-tall statue of a grinning Paul Bunyan, an axe slung over one shoulder. The myth of that legendary logger was concocted by real lumberjacks swapping tales in the surrounding woods.

Paul would feel very much at home at the Maine Forest & Logging Museum just outside of Bangor. That outdoor living history establishment preserves and recreates the state's rich forestry and logging past.

Other collections relate different chapters of the town's story. The Bangor Historical Society is headquartered in the Thomas A. Hill House. That Greek Revival home, built in the early 1900s, exhibits period pieces and provides information about walking tours throughout the city.

The Cole Land Transportation Museum contains an eclectic collection of antique vehicles including trucks and trains, motorcycles and snowplows. It boasts that "If it moved over land in the past two centuries, it is probably represented here."



Culture also gets its calling in Bangor. The symphony Orchestra was founded in 1896, making it one of the oldest continuously operating such ensembles in the United States. The Gracie Theatre hosts concerts, theatrical productions and other artistic events.

Hospitality

Hospitality



The Bangor Opera House recalls when, in the late 19th century, the town was nicknamed “Little Broadway of the North” for its proliferation of opera venues. Originally built in 1889, it was destroyed by fire, then reconstructed in 1920 in its current Egyptian-Art Deco style.

A very different scene greets people who stroll by the long-time home of the famous writer of horror-themed stories, novels and movies Stephen King. He was born in Maine and has used the state as the setting for many of his terrifying tales.

The red house with white trim where King lived for years before recently relocating is distinctive primarily for the wrought-iron fence that surrounds it. It’s adorned by scary spiders, bat-winged creatures and a monstrous three-headed reptile.

A favorite pastime of King fans is to seek out sites around town that show up in his writing. An ordinary brick building is one place that induced spine-tingling chills and hair-raising goosebumps. The Bangor Waterworks served as home to an army of giant mutant rats in his Graveyard Shift story.

The burial scene in Pet Sematary was filmed at Mount Hope Cemetery. Opened in 1836, its tree-lined grounds were one of the first garden burial places created in the country.

Even Paul Bunyan got a role on the silver screen in It, a suspense drama in which, after being possessed by evil spirits, the towering woodsman steps off his podium and attacks a character in the film with his ax.

Those seeking to relive history through interesting artifacts find a treasure trove at two antique marketplaces in Bangor. Others, who prefer playing card games at tables rather than purchasing them, head for the Hollywood Casino. It also has a hotel and restaurants, one of which serves “pub food complete with 99 different brews.”

That’s no surprise in a town that hosts six breweries which offer a wide variety of choices. The Bangor Brewing Company’s product list includes whimsically named Catchphrase IPA and Derailed Stout. Diners in the Pub at Geaghan Brothers Brewing enjoy its beverages while munching on “pub grub with an Irish flair.”

The proprietors of Mason’s Brewing Company have traveled around the country and the world seeking “the perfect formulas for our brewery.” Sea Dog Brewery has a location in Bangor, along with five others in Maine, and two each in New Hampshire and Florida.

Whether sipping beer, savoring history or seeing the collections in a diversity of museums, visitors to Bangor face an interesting choice of things to see, do and imbibe. 🍷

EAST COAST CBDs
NATURAL AND ORGANIC MEDICAL ALTERNATIVES



Quality Organic Hemp Extract • CBD Lotions & Tinctures • plus many more!
Visit www.eastcoastcbds.com for a complete listing

Empowering Healing, One business at a Time



#1 SELLING PRODUCT

Hip & Joint Happy Mix

Want to stock our Doggy Treats?
Call 844-223-7787 or Email:
service@eastcoastcbds.com



10-4 Monday-Saturday
241 Depot St, Unity, ME

(844) 223-7787

HUGE SELECTION OF WINE AND LOCAL MAINE CRAFT BEER!



Also specializing in fresh seafood and quality meats!
Fresh vegetables, bread, milk, etc...

Great sauces or spices, with an entire room full of specialty items.



A MUST STOP WHEN YOU ARE IN THE AREA!



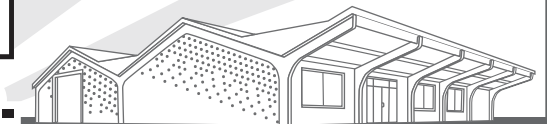
295 Townsend Ave., Boothbay Harbor
207-633-6236



• BREWERY • TAPROOM • CAFÉ • PINKY D'S FOOD TRUCK • COFFEE BY DESIGN •

WE HAVE 15+ DELICIOUS BEERS ON TAP - AND TO GO - BREWED RIGHT HERE, FOR YOU.

SIDE BY EACH
BREWING CO.



[f /SideByEachBrewing](https://www.facebook.com/SideByEachBrewing)
www.SideByEachBrewing.com

1110 MINOT AVE., AUBURN 207.689.3030

* PLEASE VISIT OUR WEBSITE FOR CURRENT HOURS



Spent Grain: a Versatile Waste Product

By Jared Wood

Jared Wood is a freelance writer based in central Maine. He is a graduate of the University of Maine at Farmington, where he majored in Creative Writing.

All beer is made with grain. It's one of the four primary ingredients used to make beer, along with hops, yeast, and water. The grain is used in the form of malt, which is grain that's been allowed to partially germinate.

Brewer's spent grain is the byproduct of all the grain used in the brewing process. This byproduct accounts for approximately 85% of all waste produced by the brewing industry. On average, a small brewery will accumulate hundreds of pounds of spent grain in a single week.

Typically, if a brewery does not already have an alternative disposal method in place, much of this spent grain will end up in landfills. For every ton of spent grain that winds up in a landfill, 1,000 pounds of carbon is released into the atmosphere. This carbon is released during the decomposition process, contributing to air pollution and climate change and adding to a brewery's carbon footprint.

Fortunately, spent grain is a reusable waste product, and as such has no need to end up in a landfill. Unfortunately, finding a sustainable alternative can be difficult, as many are expensive to both execute and maintain, and may not always be available.

There are three main alternatives to unloading spent grain in a landfill: spent grain as a food additive, spent grain as a fertilizer, and spent grain as animal feed.

Even though the grain is used in the brewing process, it retains much of its protein and fiber content. After it's been sifted into a powder, it becomes a solid candidate for an additive to human foods. In use, it can increase the protein and fiber contents of certain foods, while decreasing the caloric content.

As a fertilizer, the high protein content of spent grain allows for higher nitrogen availability in soils. It's also been found that, in combination with compost, plants have a higher germination rate with spent grain.

Both of these alternatives are great, but they may be more feasible for larger breweries with more resources and a broader reach. This leaves the final alternative, spent grain as animal feed.

Spent grain is both cheap and widely available, which has led to its use as animal feed in recent years. It can be fed to them as is, either wet or dried, and it contains a large range of amino acids

that livestock needs in their diet. Further, some studies show an increased milk yield in cows fed with spent grain compared to those fed with corn.

Many of your favorite local breweries already donate their spent grain to farms. One particular Maine brewery doing this is Fogtown Brewing in Ellsworth.

"Fogtown goes through about twenty to thirty tons of grain per year," stated Jon Stein, owner of Fogtown Brewing. "After brewing, the spent grain goes, free of charge, to a number of local farmers and growers, as well as Chickadee Compost in Blue Hill."

These donations help farmers keep their overhead costs low throughout the year. The money that the farmers save thanks to these donations can then be used for other things, like equipment or expansion.

Maine is a deeply agrarian state. Agriculture is one of our key industries, and donations like this help keep that industry flourishing. Plus, the animals seem to enjoy these donations as well.

"Farmers report that their chickens, cows, pigs, and sheep all [come] a'runnin' when their trucks return to the farm full of our grain!" Stein said.

Fogtown doesn't just donate their spent grain, however. They actually utilize all of the alternative disposal methods already listed in this article. As mentioned earlier, some of their spent grain is sent to Chickadee Compost in Blue Hill, where it contributes to the already high-quality compost available there, helping to ensure local growers who use that compost are getting nothing but the best.

Fogtown also uses some of their spent grain in their kitchens, adding its powdered form to their pizza dough. Of course, the spent grain's use in the kitchen doesn't stop there.

"Last year, we purchased hogs and commissioned a local farm to raise them for us on our spent grain," Stein said. "We processed these hogs [last] fall, and the pork is now featured on our Ellsworth wood-fired pizza menu, as well as [our] Bar Harbor kitchen."

The hogs in question were Yorkshire/Duroc mixes, and they were fed a mix of spent grain — taken from different brews — and spent apple pomace, the byproduct of Fogtown's cider pressings. This was part of a bid to create responsibly raised, farm-to-table meat for the restaurant side of their business.

Sustainability

Traditional disposal of spent grain can greatly increase a brewery's environmental impact. Thankfully, many breweries here in Maine have already found and implemented these alternative methods of disposal. It would be a shame to let such a versatile waste product go unused. It's good

that so many of our craft breweries have recognized that and are helping to reduce our environmental impact.

More information on Fogtown Brewing and their sustainable practices can be found on their website, www.fogtownbrewing.com.



CRAFT

Beer, Wine & Spirits

CRAFT Maine Magazine is distributed every two months to over 230 locations from Kittery to Bangor and everywhere in-between.

Distributed to:

- Breweries & Tasting Rooms
- Restaurants
- Beverage Outlets and Stores
- Maine Tourism Welcome Centers



Who are we?

Turner Publishing is a Maine based publishing company with over 28 years of publishing experience and over 20 current publications. CRAFT Maine Magazine is a dedicated, educational resource to Maine's craft beer, wine and spirits industries. We feature the information you want to know and the businesses you want to see. Intriguing interviews, education, tips from the experts, business profiles and so much more!

If you would like to advertise in future editions of the CRAFT Maine Magazine call us today at 207-225-2076 or email craftmaine@turnerpublishing.net

@craftmainemag



Follow us on Instagram
Like us on Facebook

@craftmaine



An educational resource to Maine's craft industry

CRAFT

Beer, Wine & Spirits

Featuring Interviews
Educational Knowledge
Tips From The Experts
Business Profiles
And So Much More!

You can get Craft Maine Magazine delivered to your door!



Makes a great gift!

6-editions a year for only... **\$42 SIGN UP TODAY!**

Want to use a credit card?
Call us today at: 207-225-2076

Make checks payable to:
Turner Publishing Inc.
Mail to:
Turner Publishing Inc.
PO Box 214 Turner, ME 04282

Want to send us a check?
Fill out the form below
and mail with a check.

subscriptions@turnerpublishing.net

Craft Maine Magazine - 6 Editions : \$42

First Name _____ Last Name _____

Address _____

Town _____ State _____ Zip Code _____

Phone Number _____

Email _____



AGENCY LIQUOR STORE

THANK YOU PATRONS!

TWO UNIQUE STORES CONVENIENTLY LOCATED IN THE SAME SHOPPING CENTER

Your one-stop shop for all your needs.



The selection is outta this world!

DISCOUNT BEVERAGE STORE

- WINE**
1,900 choices
- LIQUOR**
1,800 choices
- CRAFT BEER**
1000+ choices
- HARD CIDER**
400 choices



Supermarket Open Daily, 7 a.m.–8 p.m.
U.F.O. Beverage Store Open Daily, 9 a.m.–8 p.m.
Catch our weekly ad on our website!

639 Roosevelt Trail (Rte. 302), Naples, Maine 04055
207-693-3988 · theumbrellafactorysupermarket.com

Locally Owned & Operated by David & Gail Allenson

ROOPERS SUPPORTS OUR MAINE BREWERS

CASE OF MAINE BREWS

ORDER ONLINE

PICK UP IN-STORE

RoopersBeverage.com

Roopers
EST. 1982



Six Locations, Redemption & Wholesale

980 Main St, Oxford | 539.6072
301 Main St, Auburn | 783.9098
545 Minot Ave, Auburn | 783.2047

4 Sabattus St, Lewiston | 783.6353
686 Main St, Lewiston | 344.1200
1420 Lisbon Street, St | 333-3035

