



In This Issue

- Keeping Your Cool
- Featured Recipe: Sangria
- J. Lohr Chardonnay
- California Pistachios
- A Final Word

Elucidations & Elaborations

In the scheme of things, the internet is very young, yet we are so connected to it in our daily lives.

Remember when we used to get all those bills in the mailbox, pile them on the desk, or elsewhere, and eventually get around to writing all those checks? Now with electronic delivery of bills followed by electronic debit of balances due, the mailbox is not nearly as full. Only junk mail there!

This became clear to me recently when I changed email addresses at over 50 places where I do business. That was quite a chore and I am sure there are others that I forgot!

Brain Teaser

The capital and a former capital of a certain country are anagrams of one another. What is the country?

See page 3 for the answer.

Keeping Your Cool

When the hot sun is blazing, we need all the help we can get to keep cool. Here are some practical tips.

- ❖ **Stay Hydrated.** Drink early, drink often, and drink again. Sweat plays a critical role in keeping your body cool in hot temperatures. Drinking water is the key to keeping this internal air conditioning system working properly.
- ❖ **Get Misty.** Help your natural cooling system by using a vaporizer or atomizer to spray a light mist of water under your arms, or on your wrists and face. Your body will naturally cool down as the water evaporates.
- ❖ **Ditch the Dark Colors.** Choose air-permeable, loose-fitting, light colored clothing. Wear natural fabrics which allow your skin to breathe.
- ❖ **Change Your Diet.** Make note of any foods or beverages that cause you to sweat more than usual. Consider eliminating caffeinated drinks from your diet as well as alcohol and certain "hot" spices.
- ❖ **Get Sensible About Socks.** Wear the right socks. Moisture-wicking athletic socks are a good choice.
- ❖ **Rotate Your Shoes.** If you have trouble with sweaty feet, rotate your shoes. Your shoes may not dry out overnight, so try not to wear the same pair two days in a row.

From the Kitchen



Have you ever begun a recipe that calls for lemon, lime, or orange zest and you

realized you didn't have the fruit to zest? Here's a solution. When you do those other recipes that call for the juice of a lime or lemon, just save the rind after you have juiced it. Place it in a resealable bag and freeze it. The next time you need zest, just pull it out of the fridge and zest it. Why didn't I think of this before?

A Few Words About Friendship

It seems that summer is a time for reunions and renewing old friendships. Here are a few anonymous quotes about friends.

A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words.

Everyone hears what you say.
Friends listen to what you say.
Best friends listen to what you don't say.

A real friend is one who walks in when the rest of the world walks out.

Friends are the bacon bits in the salad bowl of life.

Featured Recipe: Sangria de la Casa

Here is a perfect, refreshing Sangria for a summer party. You don't need to use your top shelf wine for this, but don't use something you wouldn't enjoy drinking otherwise. When I experimented with this recipe before sharing it here, I used Robert Mondavi Private Selection Pinot Noir and it was wonderful. A good Cabernet Sauvignon would work well too.



My Sangria was made with Pinot Noir.

This Sangria is better if you make it several hours in advance. Just don't add the seltzer or club soda until ready to serve. Enjoy.

Ingredients

2 oranges, 1 juiced, 1 halved lengthwise and thinly sliced crosswise
2 lemons, halved lengthwise and thinly sliced crosswise
1 lime, thinly sliced into rounds
1/3 to 1/2 cup sugar
1/4 cup brandy
1 bottle dry red wine, chilled
2 cups seltzer or club soda
Ice cubes, for serving

Directions

In a large pitcher, combine orange juice, sugar, and brandy; stir well to dissolve sugar. Add wine, orange slices, lemon slices, lime slices, and seltzer; stir to combine. Fill glasses with ice before serving.

Wine Selection of the Month



J. Lohr Riverstone Chardonnay is an elegant wine with an attractive pale straw yellow color. The aromas are of pear, apple and stone fruits. The grapes for this wine are grown in the vineyards of the cool Arroyo Seco region of central Monterey County.

You can get your J. Lohr Riverstone Chardonnay at your local wine store for under \$12. If you like good white wine, give it a try.

A Summer Bonus

The recipe for this month is for a delicious sangria, but maybe you prefer white wine. Yes, you can make sangria with white. I have posted a [Summer Sangria](#) recipe on my website. I enjoyed this one so much that we had it two consecutive days! Choose your favorite white wine, throw in your favorite summer fruits and you can't go wrong with this one. This [Summer Sangria](#) is perfect for a hot July afternoon.

Eat thy bread with joy, and drink thy wine with a merry heart.

Ecclesiastes 9:7

California Pistachios

In 1813, Thomas Jefferson said, "The greatest service which can be rendered any country is to add a useful plant to its culture." He was over a century early but he could have been talking about pistachios.



Compared to other agricultural industries, the California pistachio is relatively recent, having been around only since the 1960s. Pioneer Nursery's first commercial crop was planted in 1968, and harvested in 1976. Since then, thousands of acres have been added. There are now more than 135,000 bearing acres which produce 99% of the almonds in this country. Another 100,000 acres will shift from non-bearing to bearing in the next few years. (It takes 6 years for a newly planted tree to produce its first crop.)

The California pistachio industry is projected by some to reach a production of one billion pounds annually by 2017.

A Final Word

Thanks again for reading the Glen's Place Newsletter. Pass it along if you know someone who might enjoy it. Send ideas, comments, and questions to Glen@Glen's Place.

Until next time remember: I've learned so much from my mistakes I plan to make lots more!

Answer to brain teaser: Japan (Tokyo, Kyoto)

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