



Annual ALL MEMBER Board Meeting

What: All Member Board Meeting
Where: Paso Robles Grand Ballroom
When Thursday
December 8, 2016
What Time 5:30 to 7:30 pm

The member meeting will be held December 8, 2016 from 5:30 – 7:30 at the Paso Robles Inn Grand Ballroom.

Registration opens at 5.

There will be a wine and appetizer networking reception following the meeting.

Please watch your email and the website for details.

BOARD OF DIRECTORS 2016

**Lowell Zelinski —President & Seminar
Chair**

805-239-1270

lowell@precisionagconsulting.com

**Joe Irick—Vice President & Membership
Chair**

805-237-2309 Joe.irick@yahoo.com

Michelle Hido—Secretary & Mixer Chair
310-795-7263 michellehido@gmail.com

Angela Mitchell— Treasurer

angela@mitchella.com

Ken Bray —Marketing Chair

805-459-6075 bray@kobravineyard.com

Bob Fonarow —Membership Co-Chair 805-
227-4424

bobfonarow@att.net

Serena Friedman—Winery Outreach Chair
818-266-9977 Foursistersranch@gmail.com

Marty Self – Special Events Chair
martydpf@gmail.com

Field Gibson
fieldgibson@tcsn.net

Sharen Rund Bloechl—Newsletter
805-462-3489 usaindustries@pacbell.net

Becky Zelinski – Mixers
becky@precisionagconsulting.com

Open—Historian

President Emeritus – Richard Sauret
805-467-3998 sauretvines@gmail.com

2016 IGGPRA CALENDAR

All dates/seminars are subject to change.
Contact ANY board member to offer your sug-
gestions for upcoming
seminars!

Dec 8

**Membership
Meeting**

**Paso
Robles
Inn**

5:30-7:30 pm

Planned Seminars for 2017:

Seminars will be held every other
month except for October and December.

*Look for more exciting Seminars in
the months to come:*

New IGGPRA Phone number

805-591-4204

New IGGPRA Phone number

Welcome New Members:

A'Vina Inn & Vineyards

Jaime & Amy Paniagua

7110 Drake Rd

Paso Robles, CA 93446

925-413-7901

amy@jaimysfinefoods.com

Zoller Wine Consulting [Silver Associate]

Signe Zoller

2843 Cottage Ln

Paso Robles, CA 93446

805-835-6897

signe@zollerwinestyling.com

Zollerwineconsulting.com

November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11 EXPO	12
13	14	15	16	17	18	19
20	21	22	23	24 Thanks- giving	25	26
27	28	29	30			

December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8 Meet- ing PR	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Christ-	26	27	28	29	30	31

President' Message—Lowell Zelinski

November 2016 Presidents Message



2016 IGGPRA Annual Meeting

This is a two part message. I'd first like to invite all our members to our "first" meeting that focuses on the your organization, the Independent Grape Growers of the Paso Robles Area. This meeting has two goals, first to serve as opportunity over the holidays for us to get together and celebrate. A chance to connect with your fellow growers, discuss the year, brag about how great your yields were and how easy it was to sell your grapes.

Also, there has been a lot going on with IGGPRA. We will very shortly have (probably by the meeting) a *new website* that allows members to control more of the information that is on the website. A much easier method of listing grapes and wine for sale and as simplified method of renewing your membership. It is also my goal to make to seminar presentations and mixer pictures and videos available so you can review and share these events with your friends.

We also have a great new marketing company "**VERDIN**". There will be a presentation laying out the ideas and goals for IGGPRA for 2017 and into the future.

There's an election for 4 new board members coming up in February. I am hopeful that there would be a opportunity for member to interact with the candidates, (though at this time – Sunday night before the national election – I am pretty tired of elections!)

Finally, a review of the fiscal status of IGGPRA is called for in the by-laws and this will also be presented. There are a number of exciting new possibilities and you will want to hear them.

The meeting details:

When: December 8th, 5:30 to 7:30

Where: Paso Robles Inn – Ballroom

See website and email for more details!

2016 Grape Growing Year in Review

So just let's review the 2016 grape growing year. Keep in mind that this is from my perspective but I do manage vineyards all over the Paso AVA, and I have seen the good the bad and the ugly.

If we recall 2015, one my most popular presentation was "What went wrong in 2015" and related it to poor weather conditions in the spring of 2015. I initially was worried that because cluster formation (YIELD) is a two-year process and that the 2016 bud formation occurred in May of 2015 that yields in 2016 may have been impacted. With the benefit of hindsight I don't believe this was true. There may be specific situations where I am wrong, but in general, things were pretty good in 2016 (in some instances maybe to good).

Winter 2016

Not to bad. We go a lot more rain than we have for the last two year, but still not even average. The rain came spread through out the winter so most cultural practices, pruning and application of pre-emergent herbicides, could be accomplished without major disruptions. For the most part we got about 70% of average rainfall, as opposed to 30%, and this helped leach salts and replenish the soil water in the middle of the rows.

Continued next page

Spring 2016

The major concern in the spring is frost! Additional cool temperatures during bloom have been shown to be a potential problem. We had a lot of “close encounters” but for the most part cold/cool temperatures this last spring were not a major issue. I do, however have a client, where frost in 2016 caused major loses. It also seems that the temperature during May of 2016 were fine and pollination was good (I wouldn't say great) and the problems of 2015 didn't reoccur. When I consider how “good” the pollination season was I look at how many seeds per berry I taste in the fall. Grapes can produce a maximum of four seeds per berry. If the pollination season(s) are great we will get all four. This will lead to bigger berries and higher yields. In 2015, for the few berries that were there, one to two seeds were common for most varieties and this lead to smaller berries (better quality???) but also very poor yields. In 2016, after tasting hundreds of grapes, I'd say we had at least one more seed per berry (2.5 vs 1.5). This is a big deal. Much more than most realized. If we get less 1.5 seeds per berry, then in many cases the grapes won't even develop and it can cause a complete lack of cluster formation. In conclusion, the spring was good – not perfect but good.

Summer 2016

This time of the year is all about irrigation and powdery mildew control (and of course gophers and squirrels and deer and pigs). It was a good summer, not too hot and not too cold. For the most part we could keep up on the water, and if your powdery mildew program was good it didn't become a problem. I know there were some well output issues but the decent rain in the winter of 15/16 helped us get through.

I think the biggest issue I saw this last summer was not managing crop load with potential ripening. After 2015 I was excited to maximize yields in many of my vineyards. We needed the money – and seeing all the for sale signs around, so did lots of others. As I looked at the crop load potential in 2016 I found myself saying “WOW”, this could be great, but I admit I didn't consider can I get all this fruit ripe. I had blocks, that now they have been harvested, exceeded six tons per acre and I knew this was the potential in July. But I also have blocks that are STILL at 18 Brix and will never be harvested (though I am hopeful) – anyone need a white Zin?

Other production issues: mealy bugs, mildew, vertebrate pests, mites, leafhoppers, morning glory, mares tail, Bermuda grass were all at normal levels. They were a pest, but thanks to available control measures, they didn't become a disaster.

Fall 2016

I love and I hate harvest. I have about 40 harvests per year. Some days I harvest a couple of tons, others I harvest 100 tons. Stressful in many different ways.

In general, harvests have been good! So much better than last year, when I hated harvesting. It was so disappointing but not this year. This isn't a record setting year but will go down as a good one. My Bordeaux varieties were good to very good, the Rhones were also good. Zinfandel was amazing – but some blocks, especially those with, maybe red blotch, never made sugar. I have about 10 tons still hanging out there – but only 18-19 Brix. Can't find a home – If you know of one give me a call!

The weather, for the most part cooperated. We had some rain in late October but rain has been so scarce recently that I will take it whenever it comes. My weather service said it was the second wettest October ever. Hopefully this is a good indication of the winter to come. Overall I am happy with yields. There are exceptions of course, but overall I think most growers will consider 2016 a successful and hopefully profitable year.

It's on to 2017 now!



**Looking back
at 2016...**



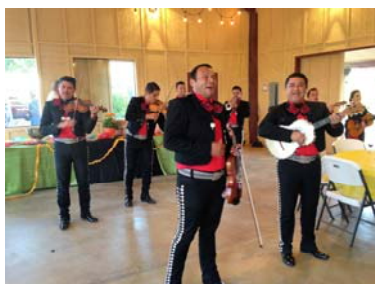
MIXERS



SEMINARS

**TRADE
SHOWS**

AG EXPO



**POURING
AT EVENTS**

**CHAM-
BER
WIN-
DOW**



**FIESTA DE
AMIGOS**



VINEYARD, WINERY & FARM
BUY • EXCHANGE • SELL • TRADE
FRIDAY, JANUARY 29TH
 Seller Set Up: 7:30am-8:00am
 Admission: 8:00am-2:00pm
 Seller spots available: 20'x20' space \$25.00
 (IGGPRA members pay \$20.00)
 Reserve your spot today: 805-463-1393

If it has to do with farming or wine bring it to SELL OR TRADE!

TRACTOR SUPPLY'S
Parking Lot
 2800 Riverside Ave Paso
 Robles, CA

Vineyard & Farm Equipment:
 ATVs, ATVs, Tractors, Sprayers, implements, Disc, Harrows, Rippers, Diggers, Drag Harrows, Machinery, Tools, Bins, Barrels, Tanks, Backs, Crank Equipment, Pumps, Bottling Equipment, Jarring Tables, End Pests, Lubricants, Fertilizers, irrigation parts and supplies, Harvest Equipment, Tools, Bins, Barrels, Hand Tools, Engines & Parts, etc.

IGGPRA-INDEPENDENT
GRAPE GROWERS PASO
ROBLES AREA
www.pasowinegrowers.com



PIE MAKING CONTEST

**CHILI
CONTEST**



**SALSA /
GUACAMOLE
CONTEST**



**PRUNING
COMPETITION**



PRESENTED BY
IGGPRA

**HARVEST
HOEDOWN**

**TRI-TIP BBQ
LIVE MUSIC
PIE CONTEST
& MORE!**



IGGPRA members :
We need you on the 2017-18 Board of Directors.

We would like to nominate you to serve on the IGGPRA Board of Directors. The Board meets on the first Thursday of each month at 5 p.m.

IGGPRA has a 9 member Board of Directors. Directors are elected for a 2 year term. The term begins March 1, 2017.

There are 4 directors seats up for election at our Annual Meeting on February 18, 2017.

Each board member chooses to be a member of a Standing Committee which are : Membership, Marketing , Seminars, Winery Outreach or Special Events.

Please call or email me if you are interested. I will follow up with you by phone or email or an in person meeting.

The following is our election procedure:

1. We will post on the IGGPRA website a downloadable ballot by Jan. 11, 2017.
2. Vote-By-Mail (VBM) deadline will be Feb. 11, 2017.
3. Members will mail VBM ballots to our P.O.Box 599.
4. At our Annual Meeting scheduled for Sat. Feb. 18, 2017, we will have on site ballots for members who have not voted.
5. VBM ballots and on site ballots will be counted and the winners announced at the end of our Annual Meeting in February.

Many thanks,

Bob Fonarow
Chair
Nominating Committee
805-227-4424
bobfonarow@att.net

Mark Your Calendar!



November 11, 2016

Mid-State Fairgrounds
Paso Robles, CA

*An event for Central Coast
Wine Grape Growers, since 1998*

- Grower Seminars with CE Credits
- Free Grower/PCA Breakfast
- Free Industry Lunch & Trade Show

Visit www.agexpo.biz for sponsorship
& exhibiting opportunities

*Hosted by the People Who
Keep the Industry Informed*

**American
Vineyard**

Malcolm Media • Ag Publishing

Call 559-298-6020 for Exhibit or Sponsor Info



REPEL. PROTECT. GROW.



Grow your harvest with Bird Gard

*"Bird Gard is the best
bird control I have ever
experienced!"*

*"Thanks to Bird Gard I now
have lots of used netting
for sale, cheap."*

Joe Irick,
Vice President,
Independent Grape Growers -
Paso Robles Area
Owner,
Rising Moon Vineyards
Paso Robles, CA

Bird Gard

888-332-2328

www.BirdGard.com

Bird Gard eliminates bird damage from large and small vineyards for a one-time cost of around \$200 per acre.

1-YEAR UNCONDITIONAL MONEY-BACK GUARANTEE

Dear IGGPRA Members:

As we wrap up 2016 it is gratifying that we have turned the corner as membership showed significant improvement and that is the clearest indication that we are doing important things right.

In the upcoming weeks you will be receiving your 2017 renewal notice that once again reflects strongly that membership in IGGPRA is an outstanding value.



MIXER SPONSORSHIP OPPORTUNITIES

Associate Members: If you are interested in supporting the organization while gaining recognition for your products and services, sponsoring an industry mixer is a great way to do it! If you'd like more information about these valuable opportunities, please write to Becky at becky@precisionagconsulting.com or give her a call at (805) 239-1270.

Attached is the first draft of the 2017 seminar schedule. We have not put in special speakers yet, but will do that when we get closer to specific seminar dates. Seminars will generally be held on 3rd Wednesday of the month

2017 IGGPRA Seminars

Last Wednesday of Each Month

Time TBA

January

- Pruning techniques Seminar and demonstration
- Eutypa control during pruning
- Cover crops for erosion control and nutrition
- 2017 Labor – availability, cost/hr + overhead, OSHA

February

- Herbicide options for weeds and pre-emergence
- USDA Vine Assistance Program for vineyards with Red Blotch
- Marketing your grapes, if you don't have a contract
- How to get a Private Applicator license

March

- Nutrition planning for Bud Break
- Post-bud break fungicide actions
- Cover crop management for frost mitigation in M-A

April

- Vertebrate Pest Control – issues and options
- Fungicide planning for April-June control of powdery mildew
- Irrigation planning methods – old school, sensors, evapo transpiration

May

- Bloom – do's and don't during bloom cycle
- Pedial testing, post bloom, and how what to do with the data
- Post rainy season actions if drought persists – expert recommendations

June

- Red Blotch – identification, testing, actions to reach sugar levels
- Pre-veraison nutrition actions,
- Special Industry speaker - TBD

July

- Dust Control Options and Products
- Options for Bird Control
- Q&A Session (Open Discussion)

August

- Special Speaker- Grape Industry update, issues, new findings
- Handling Unfair Business Practices (CDFA)- Laurene Chiesa- Supervisor special Investigations, Market Enforcement Branch
- Preparing for harvest – tracking data, forecasting harvest date and weather issues

September

- Small Scale Wine Making for the Grower (Len Gelfand)
- What You Should Include in a Small Winery Business Plan
- How To: Grape Test Before You Harvest (Brenda Baker, Baker Labs)
- Q&A Session (Open Discussion)

November 30

- Rain Forecast for 2016/2017 Season (John Lindsey, PG&E)
- Herbicide Options for the Dormant Months
- Why Should I do Vineyard Record Keeping
- Irrigation planning during winter months
- Putting the The Vineyard to Sleep and winter nutrition

(continued on page 13)

Membership and Associate Update

November-December Membership Report

Hello Members of IGGPRA

Thank you for your dedication and continued membership in IGGPRA. Our organization has become the primary grower education resource on the Central Coast, serving the information needs of our members and other interested growers.

It is with your membership dues, our Associate member dues and other sources of income that we are able to maintain the infrastructure necessary for continuing our excellent seminar schedules and educational events. As a non-profit, all volunteer organization, your dues and participation means everything to our success.

In 2016, we made some key changes that will help us continue the frequency and quality of our education programs, as well as grow our grape grower membership.

Here are some brief examples of what the Board of Directors has done, all of which add value to your membership in IGGPRA. These will be explained in detail at our upcoming Membership meeting on December 8:

- New Marketing Firm, Verdin Marketing, Inc — more expertise, media outlets and technical skills for communicating with our members
- New Website Manager – Clever Concepts — less expensive, faster, better
- Expanded seminar schedule, aligned with the growing cycle and included with Industry experts talking about important grape growing subjects.

By renewing your membership in IGGPRA, you will make it possible for us to continue expanding our seminar schedule and bring more grape growing information value to you and the community. At the December 8 meeting, we will review the 2017 seminar schedule and introduce our new Marketing Firm.

Thank you again for your support and commitment to IGGPRA.

Joe Irick, Membership Chair
joe.irick@yahoo.com
408-981-7099



(continued from page 12)

Potential Seminar Venues

JLohr	St. Hilaire	Paso Robles Inn
4 Sisters	Rio Seco	Culinary Academy
Robert Hall	Niner	
Vina Robles	Pear Valley	
Castoro	PRHS Theatre	

Other topics

When and how to deal with vines that have Eutypa



PREMIER QUALITY FROM NORTH AMERICA'S LEADING VINE NURSERY

Leaders raise the bar in everything they do and that's why Vintage Nurseries continues to set the industry standards for vine cleanliness, improved irrigation methods and product selection. In the last year alone, Vintage has begun work on a new, state-of-the-art greenhouse facility, changed from wood to eco-friendly recycled plastic storage bins and callous boxes, and introduced new sanitization techniques.

From our 2010 Protocol mother blocks, to our advanced testing lab, the innovative new Vintage Root Sock and more, Vintage Nurseries strives to provide the cleanest, healthiest vines in the industry. It's how we lead. It's how we grow.



ECO-FRIENDLY PLASTIC STORAGE BINS



PLASTIC CALLOUS BOXES FOR VINE CLEANLINESS

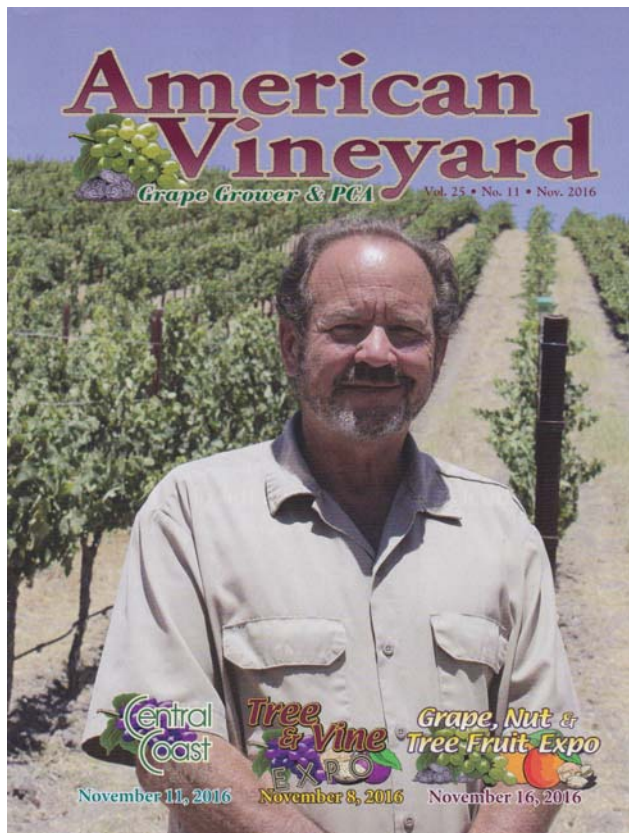
VINTAGE NURSERIES' ADVANCED NEW TESTING LAB



SERVING THE WINE, TABLE GRAPE, AND RAISIN INDUSTRIES

 <p>WASCO 661.758.4777</p>	<p>PASO ROBLES 805.237.8914</p>	<p>SANTA ROSA 707.542.5510</p>
<p>800.499.9019 VintageNurseries.com</p>		





**Congratulations
Lowell.**

**We are proud
of you.**

November 11, 2016
Mid State Fairgrounds
Paso Robles, CA

- General Seminars
- 3 Hours Continuing Education Credits
- 4.5 Hours CCA Credits
- Industry Exhibits

Free Industry Breakfast and Tri-Tip Lunch

7:00 am
Registration
Grower/PCA Breakfast - (1 hour PCA CEUs)

Welcome and Introduction
Don Malachuk, Editor American Vineyard

"Maintaining Virus-Free Vineyards" (30 Min PCA CEUs)
Kari Arnold, UC Davis Plant Pathology Dept.

"Grape Powdery Mildew Disease Management Considerations"
Larry Rupp, UCCF Viticulture Advisor, Monterey County
— 30 min. Break & Exhibits —

"State of the Central Coast Grape Industry Seminars"
Ned Dillman, President, Allied Grape Growers
Audra Carson, Broker-Partner, Turcovinas Brokerage
— 30 min. Break & Exhibits —

"Water Productivity & Flavor/Qual Composition of Mechanized Market"
Andrew Bialos, Assistant to Ryan Kestner, UC Davis

"Strategies to Enhance Biological Control of Vineyard Leafhoppers" (45 Min PCA CEUs)
Houston Wilson, Ph.D., UC Berkeley
— 15 min. Break & Exhibits —

Wine Grape Industry Tri-Tip Lunch (1 1/2 hour PCA CEUs)

"Trunk Disease in the Vineyard...Controllable?" (30 Min PCA CEUs)
Doug Gubler, UC Davis, Plant Pathologist, Emeritus

"Update on Laws & Regulations" (1 hour Laws & Regs CEUs)
Regulations that Grape Growers & PCAs Should Know About
Laura Ramage, Inspector Biologist, San Joaquin Department of Agriculture

3 Hours Continuing Educational Credits • 4.5 Hours CCA Credits • Wine Grape Seminars • Free Breakfast & Lunch

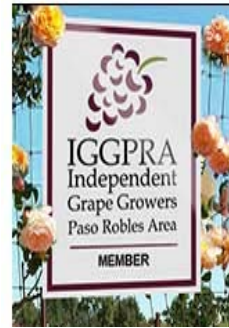
Expo Sponsors...

Logos for sponsors: AVA, CASA CRISTAL, FRESNO STATE, NEW HOLLAND, IGGPRA, American Vineyard, VINTAGE, and others.

Malcolm Media • Ag Publishing
Call 559-298-6020 for Exhibit or Sponsor Info
www.agexpo.biz

NEW IGGPRA Membership Signs – \$35 per sign – reserve your new sign today!

IGGPRA is pleased to announce that the new Membership Signs are now available for purchase! This new design is more impactful, registers the IGGPRA name instantly and carries the logo that appears on our Website, newsletter and various mailings. The new sign is the essence of impactful simplicity. For those of you who are married to the old design please consider that “pretty” doesn’t necessarily equate to successful communication and at normal highway speeds it is difficult to determine just what the sign represents. **To purchase a new Membership Sign, contact IGGPRA President Ken Bray by emailing bray@kobravineyard.com or calling (805) 459-6075.**



San Luis Obispo County Supervisors

- District 1 Frank Mecham fmecham@co.slo.ca.us



805-781-5450
F: 805-781-1350

- District 2 Bruce Gibson bgibson@co.slo.ca.us



805-781-5450
F: 805-781-1350

- District 3 Adam Hill ahill@co.slo.ca.us



805-791-5450
F: 805-781-1350

- District 4 Lynn Compton lcompton@co.slo.ca.us



805-781-5450
F: 805-781-1350

- District 5 Debbie Arnold darnold@co.slo.ca.us



805-781-5450
F: 805-781-1350

WANT & Biz ADS

- - -

Barrel Racks \$85/ea
Bird Netting in stock right now.
Jim's Supply Compoany
Alicia Feliscian
AFeliscian@jimssupply.com
<https://jimssupply.com/>

- - -

GRAPES FOR SALE
Cabernet Sauvignon – 16 T
Chardonnay – 16 T
Cabernet Franc – 3 T
Paso Robles West Side/Willow Creek
grown—2016 Grapes Please contact Rich-
ard 831-320-3294 or rj@mvines.net

- - -

15X spools of bird netting. Varying
condition. Netting used on 5 acres of
grapes If you take the entire lot, net-
ting is FREE and spools (hard black
plastic) are \$30 ea. (sell new for \$60)
Contact Joe Irick, 408 981 7099
or joe.irick@yahoo.com

- - -

Huskvarna sit down mower. New,
only used ONCE. Purchased at Lowes
for \$1800 out the door. Garaged en-
tire time. SELL for \$1300 firm Contact
Joe Irick, 408 981 7099
or joe.irick@yahoo.com



- - -

- - -
For Sale: TM50 6K 3-stage forklift—good
condition \$6,200
Richard Sauret 805-674-1373

THOMAS D. WAYLETT
ATTORNEY AT LAW
1229 VINE STREET, PASO ROBLES CA 93446
805-238-9444

Grapes Available:

100-125 tons Estate Grown Cabernet
Sauvignon, Paso Robles Appellation

BULK WINES:

- FourSistersRanch
2 barrels '14 Grenache
360 gallons '13 Syrah approx.
2 barrels '13 Cab

CASE GOODS UNLABELED (labels
also available):

Paso Robles Cabernet Sauvignon
Paso Robles Syrah
Paso Robles Cab blend
Questions: call Serena 805-467-2570
And cell is 818-266-9977

- - -

JOHN VINEYARD APPLICATIONS!

LICENSED & INSURED QUALIFIED
APPLICATOR #AA03773 & QL31754
CALL FOR A FREE VINEYARD
EVALUATION

REFERENCES AVAILABLE. WILL JOHN
CELL 459-0970—FAX 237-2758
[WILL@JOHNVINEYARDSAPPLICATIONS.](mailto:WILL@JOHNVINEYARDSAPPLICATIONS.COM)
COM

- - -

FARM SUPPLY CO!

SHOP AT FARM SUPPLY FOR ALL
YOUR FARMING NEEDS!
CONTACT DALE EVENSON
IN THE PASO ROBLES STORE
238-1177

- - -

KINMAN & CURRY

560 10th St Ste 101
Paso Robles, CA
805-238-1405
fax 805-238-4326

- - -

NEEDED/WANTED:

IGGPRA Mission Statement

The Independent Grape Growers of the Paso Robles Area promote the growing of high quality wine grapes through education, networking and farming resources.

Our Core Beliefs

Promote sustainable agriculture, respect for our natural resources and the production of high quality wine grapes through grower education and cooperative interaction.

Provide a forum for the review of issues affecting wine grape farmers and the wine industry, as well as afford networking opportunities to grower members and associates.

Facilitate and encourage ongoing education and skills in the development of Viticulture throughout the Central Coast, via information sharing, fundraisers, seminars and other related activities.

Act as ambassadors for the overall success of the Central Coast Wine Industry, through collaboration with complimentary grower and wine associations, along with Civic and Government Offices.

“Great wines start in the vineyard”

NEWSLETTER NOTE:

- In regards to your Newsletter being emailed to you in pdf format, please note that if you do not have an email address, you will continue to receive you newsletter in this format.
- Article, insert, etc. submission deadlines/cutoff: 1 week after each Social.

CAVEAT: Articles presented in this newsletter should not be construed as a recommendation by the author, IGGPRA Editor, or IGGPRA; but rather as a source of information!

Hi IGGPRA Members!!

Remember—PayPal is available on the IGGPRA website.



Check it out at our [website's homepage](#)

Let's Cook

Tom Kha Gai (Thai Coconut Soup)

Ingredients (makes about 2.5 quarts)

3 14-oz. cans coconut milk (I used 1 can regular, and 2 cans "lite")
4 cups vegetable broth
1 chicken breast cooked & shredded or 1 pound firm tofu, cubed
1 large lemongrass stalk, chopped into 1-inch pieces
2 Tbsp ginger, freshly grated
3 Tbsp fresh lime juice
2 tsp curry paste (I used Thai and True's yellow curry paste)
3 Tbsp soy sauce
1 Tbsp brown sugar
8 ounces mushrooms, sliced
3-4 Tbsp fresh cilantro, chopped
salt or soy sauce to taste

Instructions

1. Place all ingredients, except the fresh cilantro and mushrooms, into the slow cooker, and cook on high for 3-4 hours, or on low for 6-7.
2. Add the mushrooms during the last 20 minutes of cooking, and top with cilantro when serving..

Easy Skillet Chicken Pot Pie

Ingredients

4 tablespoons unsalted butter#
3/4 cup celery diced#
1/2 cup diced onion#
1 cup diced carrots#
1 cup diced yellow skinned potatoes#
3/4 cup roughly chopped chanterelle mushrooms#
2 bay leaves#
1 1/2- 2 cups shredded chicken (rotisserie chicken works great)#
1 tbs chopped thyme#
3 tbs chopped flat leaf parsley#
1/2 cup frozen peas#
5 tbs purpose flour#
2 cups chicken broth#
1/4 cup pinot gris*optional#
1/4 cup heavy cream cream#



salt and pepper, to taste#
1 sheet puff pastry, defrosted#
1 large egg#
1 tbs water#

1, 8-inch cast iron skillet#

Instructions

Heat oven to 400°F.

Melt 4 tablespoons of butter in a large pot set over medium heat. Once melted, add the onions, carrots, celery, potatoes, mushrooms, and a few pinches of salt and pepper. Cook the veggies, stirring occasionally, until the onions are translucent and the veggies are somewhat tender; about 8 min. Halfway through the cooking time add the bay leaves.

Add the shredded chicken, peas, and flour to the pot. Stir everything around a few times to coat everything with flour, then add broth and wine. *if omitting the wine, add an additional 1/4 cup of broth.

Continue to cook the filling, and as it begins to thicken add the thyme, parsley, and heavy cream, adding salt and pepper to taste. Let the mixture simmer for 3-4 minutes. If the filling seems too thick add some more broth. Pour the filling into an 8-inch cast iron skillet, remove the bay leaves, and set on top of a baking sheet as this will catch any filling that may bubble out. In a separate bowl whisk together the egg and tablespoon of water; set aside.

Carefully unfold the puff pastry and lay over the top of the skillet. If the corners hang over the skillet simply tuck them under, or leave them as is.

Use a pastry brush to coat the top of the puff pastry with the egg and water mixture. Using a sharp knife, cut a few slits into the puff pastry for ventilation.

Place the pot pie into the oven and bake for 25-30 minutes until golden brown. Serve warm.



**Have a recipe you want to share?
Send it to Sharen!**



% Sharen Rund Bloechl
PO BOX 2288
Atascadero, CA 93423

New IGGPRA Phone number

805-591-4204

New IGGPRA Phone number

www.igqprra.com