

BOZEMAN PASSAGE

FREE ISSUE

FALL *idays*

2008



Your Guide To
**Everything
Bozeman!**

In this issue:
Main St. To Mountains Info

Plus:
Wine for Dessert?
Winter Fun & Games
Local Events & Festivities

BozemanPassage.com

Snowshoeing for winter fitness

Michele Thompson, MS
Editor at SheKnows.com

If winter weather has you begrudgingly working out indoors, opt for getting your heart rate up and muscles pumped while breathing invigorating cool air and trekking along a beautiful snowy trail.

Put your gym hours on ellipticals or gliders to real world use

Snowshoeing is the ultimate in winter workouts. If you walk or run, you will love the ability to maneuver across snow and ice (without the typically treacherous risk of slipping) that snowshoeing provides. And if you are fond of the elliptical or other cardio glider machines, snowshoeing gives you the chance to put your gym hours of exercise into real world use.

“Snowshoeing is a great way to crosstrain and get out of the gym,” says competitive snowshoer Dewey Peacock, ACE and ACSM certified personal trainer at The Ridge Athletic Club in Bozeman, Montana. “It not only provides super cardiovascular benefits without the impact of running, it can also help improve strength and performance in other activities.”

An hour of snowshoeing can burn 400 to 1000 calories depending on your pace, the terrain and the gear you are carrying. Once you experience a snowshoe workout, you may find yourself pining for the winter months when you can trek up a trail.

Getting the gear

Interested in getting ‘shoed but not sure you want to get your own? Peacock recommends trying before buying. He says, “Many resorts and recreation organizations offer snowshoe rentals and tours, giving you the chance to try the sport out before investing in a pair.” When you are ready to buy your own, visit your local sporting goods store or winter sports specialty store and ask about the snowshoes that will best suit your needs.

Snowshoes are divided into three types:

Aerobic/running – small and light, not intended for backcountry use



Recreational – a bit larger, use for gentle to moderate walks of up to five miles

Mountaineering – the largest, use for serious hill-climbing, long-distance trips and off-trail use

Regardless of planned use, heavier users should plan on renting or buying larger snowshoes. A common formula for adequate support is for every pound of body weight, there should be one square inch of snowshoe surface. In addition, if you plan on wearing extra gear or backpacks or if the snow is deep and powdery, choose larger shoes. *(Continued on page 6)*

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DRINK DESSERT

By Michele Thompson, MS
Editor at SheKnows.com

Wine is rapidly becoming the drink of choice among Americans. Not only is the number of people drinking wine increasing, the number of wines on the market is also on the rise. Experts estimate that, by 2015, Americans may even drink more wine than the French! No doubt you are familiar with the usual reds and whites, but did you know that there is also a category of wines that are sweet enough to replace your favorite dessert? Dessert wines are luscious after-dinner drinks that will linger on your palate more deliciously than any mousse, cake or pie. You've got to try one! Read on to learn more about these lovely sweet wines.

Dessert wines bring a novel and luscious end to a meal

Debra and Keith Gordon, authors of *Wine on Tuesdays*, are passionate about wine and want to foster your passion too. They believe wine is fun, fresh and meant to be enjoyed at all times - that includes at dessert.

Sure it's easier to order the cheesecake, chocolate mousse or apple pie, but chances are you've already had them a time or two. What's novel about that? Why not savoringly sip a sweet, full-flavored dessert wine, instead?

What is dessert wine?

In a word, ambrosia. The Gordons say that there is actually no clear definition of a dessert wine, but that these sweeter, full-flavored wines provide an ambrosial completion to the meal they follow. This is unlike the more acidic, lighter wines enjoyed during a meal. Acidic wines open the palate, sweet wines close it.

Typically, dessert wines are sold in half-bottles. The smaller quantity reflects the way these sweet wines are to be drunk. You sip - not gulp - small amounts of a dessert wine after a meal. And packaging the wine in a smaller bottle means there is less wine to



spoil before it is all drunk.

You can purchase your own bottles of dessert wines as well as order a glass at some of the more upscale restaurants. Following are the different types of dessert wines that you can try after your next evening meal.

Late Harvest Wines

According to the Gordons, late harvest wines come from grapes that are left on the vine longer than those picked for regular wines. The grapes are able to achieve higher levels of sugar, which means they also have higher levels of alcohol.

Dessert wines pair impeccably with fruit tarts or crème brulee, but they are just as satisfying sipped on their own.

The Gordons suggest German Auslese, Beerenauslese (only produced three out of every 10 years), and Trockenbeerenauslese (which has more sugar and alcohol). Look for dessert wines made by Wegeler-Deinhard, Pauly-Bergweiler, Dr H Thanish, Selback-Oster, and Schloss Saarstein.

Late harvest wines are also available from Washington, Oregon and Virginia.

(Continued on page 5)



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1-Benefit for Olympic Hopefuls
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1-MSU Football vs. N Colo

1-Equinox Theatre Company presents
The Weir

7-Equinox Uncorked
Bozeman

8-Volunteer Saturday at The Ellen

8-Winter Ball
Gallatin Gateway

8-9-Ski and Outdoor Recreation
Gear Swap
Bozeman

11-12-Sesame Street Live
Bozeman

13-15 All Class Volleyball
Tournaments

14-16-Friends of the Library
Used Book Sale
Bozeman

15 MSU Football vs. Portland State

15-16-Think Snow Expo
Bozeman

Passage the Festivities



20-21-Equinox Comedy Death Match
Bozeman

21-22-Broad Comedy
Bozeman

25-29-Yellowstone Ski Festival
W Yellowstone

27-Huffing for Stuffing
Thanksgiving Day Run
Bozeman

28-29-Holiday Festival of the Arts
Bozeman

28-Crazy Mountain Christmas
Big Timber

DECEMBER

01-02 Montana Ballet Presents
"The Nutcracker"

01-02 Madrigal Dinners @ MSU

5-Three Forks Winter Stroll
Three Forks

6-Christmas Stroll
Bozeman

6-Big Sky Christmas Ball
Big Sky

11 Holiday Shopping Night
Bozeman

12 Festival of Lights
Belgrade

WINTER SQUASH WITH STREUSEL TOPPING

Serves 4 to 6

A sweet side-dish or dessert, streusel-topped winter squash will be a memorable part of any holiday meal. For an extra-rich treat, drizzle with heavy cream before serving.



For the squash:

2 lbs. winter squash, cut into large pieces, seeds removed
1/2 teaspoon pumpkin pie spice or more to taste
2 eggs, lightly beaten
2 Tbls melted butter
1/2 cup milk

For the streusel:

1/4 cup butter, cut into small pieces
1/4 cup all purpose flour
1/2 cup light brown sugar, firmly packed
1 cup finely chopped pecans

Directions:

1. Preheat oven to 400 degrees F. and butter a 13"x9" baking dish. Place squash in dish and brush with vegetable oil or butter. Roast for 30 to 35 minutes or until fork tender. When cool enough to handle, scoop flesh into a food processor with pumpkin pie spice, eggs, butter and milk. Pulse until well com-

bined - mixture does not have to be smooth.

2. Reduce oven temperature to 350 degrees F. In a small bowl, rub streusel ingredients together until well combined. Transfer squash mixture to a 9" square baking dish and top with streusel. Bake for 40 minutes or until streusel is lightly browned and squash is bubbly. Serve warm.

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Ice Wines

Considered a very late harvest wine, ice wines are made from grapes that actually freeze on the vine. They are picked in the early morning hours (usually between 2 a.m. and 5 a.m.) and then crushed.

According to the Gordons, ice wines are even sweeter than younger late harvest wines and they are ideal for aging. Ice wines are also more expensive than younger late harvest wines.

The most common grapes used in ice wines are Riesling, Sauvignon Blanc, and Semillon. These wines exude notes of honey, apricot, butterscotch, and spice, countered with a crisp acidity.

Sauternes

You will be surprised to find out that one of the finest wines in the world is made from a fungus that rots grapes. The Gordons explain that late in the growing season, Semillon or Sauvignon Blanc grapes left on the vine develop a fungus called *botrytis cinerea*, also known as "noble rot."

The clusters of grapes shrivel like raisins and become highly concentrated in sugar. Once harvested, the grapes are turned into some of the most prized, long-lived wines in the world. What makes Sauternes so special is their clean flavor, complexity and balance. Their sweetness lingers on the palate long after you've finished your glass.

The Gordons recommend Tokaj of Hungary, German Trockenbeerenauslese, and, hands down, French Sauternes. Specifically, Chateau D'Yquem, Guirand, Rieussec, D'Arche and Lamothe. These are quite pricey, but worth the experience.

Drink your dessert

Once you start sampling dessert wines, with or without a perfectly paired dessert, you may just find that you'd rather drink dessert than eat it.

Debra and Keith Gordon want you to comfortably reach for a glass of dessert wine and enjoy it. Their book *Wine on Tuesdays* gives

you a history of wine, explains the different varietals and food pairings, and provides shopping and ordering tips. *Wine on Tuesdays* is not a complicated stuffy book. It gives you an understandable approach to exploring the many types of wine as well as the confidence to buy, order and drink America's new favorite drink.

For more information on how to be a serious wine drinker without taking wine seriously, visit WineonTuesdays.blogspot.com. And be sure to check out the SheKnows.com Food and Cooking Channel for articles on wine, beer, and cocktails and foods to pair with them.



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www.dinosaurplayground.org 551-4972 www.leathersassociates.com

Poles: Trekking poles are not necessary but can be useful in helping you keep your balance, especially if you are covering rough terrain or hiking up and down hilly trails. Trekking poles have a removable basket at the bottom, similar to ski poles. Some poles are adjustable, allowing you to find the right fit for your height and varying degrees of snow pack. In the summer months, poles can be used for walking or hiking.

Boots: Waterproof hiking boots are ideal for snowshoeing. The exception is if you plan on “running” – lighter weight running or walking shoes may be preferable. Ski boots are not usually an option because they will not fit properly in the bindings of the snowshoes.

Clothing: Peacock warns, “Your backside is likely to get wet from your shoes throwing snow up onto your calves and, possibly, thighs -- a pair of waterproof pants or gaiters can keep your legs dry.” He also recommends wearing layers of breathable clothing in accordance with the weather conditions. “You will work up a sweat from the exercise, and layering gives you the ability to control your

body temperature,” he adds. If it is snowing or raining, cover up with a waterproof shell.

Before heading out, do your research

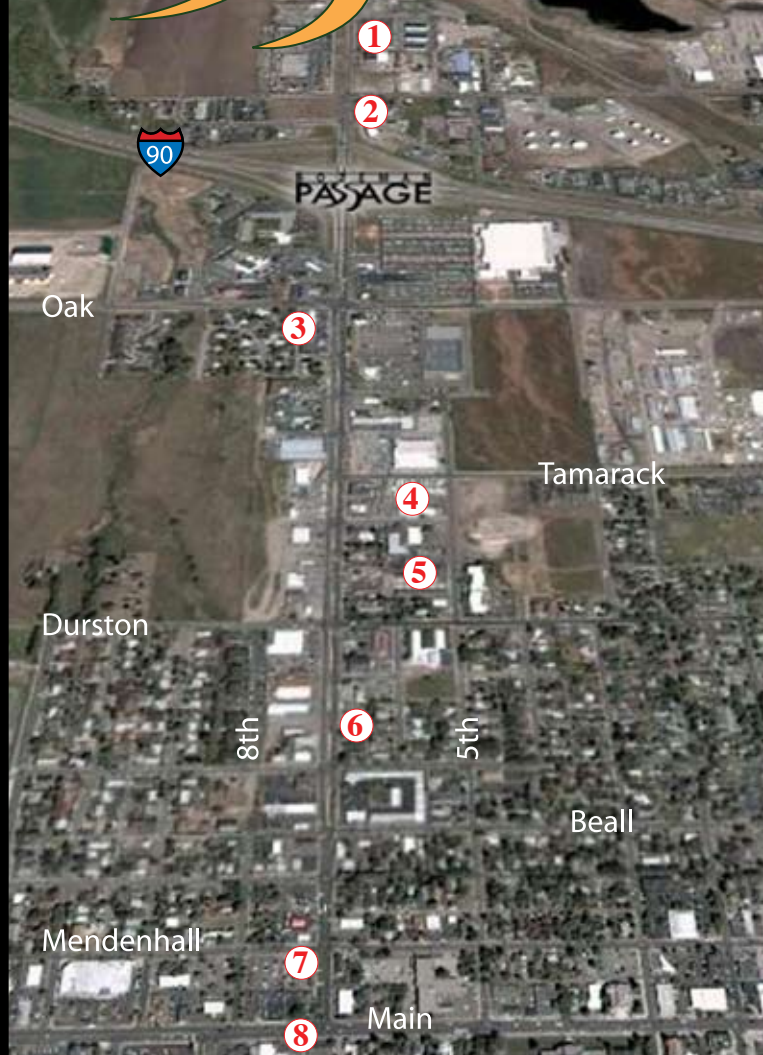
Even before you put on your gear, pick up a trail or recreation map that provides local snowshoeing locations. Ski resorts, local and state parks, and national forests are all good choices to explore.

If you happen to reside or plan on visiting southwestern Montana, you can check out **www.BozemanPassage.com** for a free, interactive trailmap of the Gallatin Valley. Also, www.Trails.com has downloadable detailed trailmaps (but you have to pay a registration fee).

Just make sure you know where you are going and you are aware of the weather conditions. The last thing you want is to get lost in the snow or have a heavy storm move in while you are miles from a trailhead.

There is no need to hibernate indoors during the cold weather months. Snowshoeing gives you the ideal opportunity to get your winter exercise and enjoy the great outdoors.

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