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Sip & Savor

All-season teas, lemonades, nectars, fizzes, cordials, punches, and more!

Garden goodness goes into these drinks, from the freshest of summer goodies to the delights of fall or a dose of warmth on a chilly winter's eve. Here are recipes for delectable nonalcoholic libations perfect for parties or for relaxing at home.

Liven up a simple syrup with herbs, or garnish the glass with an added touch from the orchard or garden. Easy fruity drinks and creamy milkshakes, along with dressed-up teas make perfect ideas for your next tête à tête. A few special cake and tart recipes, plus stories and history capture the traditional experience of entertaining on the porch.

From favorite family recipes and fun recollections of childhood to modern twists on classic toasts, *Sip & Savor* will wet your whistle with a host of beverages that can be sipped and savored for years to come.



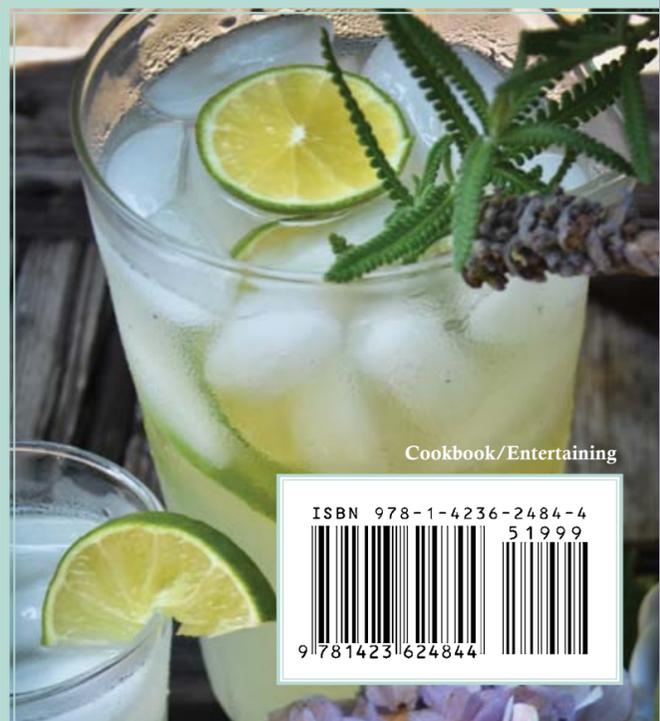
Sip & Savor

Drinks for Party and Porch

JAMES T. FARMER III

FARMER

Sip & Savor



Cookbook/Entertaining

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GIBBS SMITH

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James is a proponent of garden living and entertaining. He collects traditional Southern recipes and gives them a healthier twist for today's tastes. He has appeared on the *Today Show* as well as regional television. His work has been featured in *Southern Living* and *Traditional Home*, among other magazines, and he is a regular contributor to *Southern Living*. He lives in Kathleen, Georgia. Find him at www.JamesFarmer.com.

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❁ Blackberry Fizz ❁

*Late August, given heavy rain and sun
For a full week, the blackberries would ripen.
At first, just one, a glossy purple clot
Among others, red, green, hard as a knot.
You ate that first one and its flesh was sweet . . .
summer's blood was in it.*

This poem by Seamus Heaney has intrigued me since I first read it in high school. I identified with the author when he wrote, "Our hands were peppered / With thorn pricks, our palms sticky as Bluebeard's . . ." for I've had those peppered, sticky hands and the pricks of thorns amid a blackberry bramble.

My sisters and I would pile high our hoards of deep aubergine blackberries as we picked, knowing we would be trading them in for blackberry pies, tarts, cobblers and a fun drink. Salute to blackberry picking, to their growing wild on the fences on the farm or ripe for the taking right off your favorite market's shelves.

Serves 4

4 thick stems rosemary

2 pint cups fresh blackberries

2 cans ginger ale

Juice of ½ lemon

Juice of ½ lime

**Ginger and Rosemary Syrups,
optional (see page 12)**

From the 4 rosemary stems, remove the leaves to within 1 inch of the top. Skewer blackberries onto the naked stems and set aside.

Puree the blackberries with the lemon and lime juice. Pour the ginger ale into a carafe and infuse with about 2 tablespoons each of Ginger and Rosemary Syrup, if desired, for additional sweetness.

Divide blackberry puree among 4 glasses and finish filling the glasses with infused ginger ale. Garnish each glass with a skewer of blackberries. For added delight, serve Deep Dish Blackberry Tart.

Sip & Savor

❁ *Blue Boy or Blue Belle* ❁

A super fruit and wonder food, blueberries are donned with titles befitting their remarkable qualities, for they are chockful of antioxidants, nutrients, and vital nutrition for a healthy life. Besides all that, they are simply delicious.

As a child, I relished the opportunity to pick blueberries, for I knew the reward—a pie, cake, jam or some other kind of blueberry treat. I love to sprinkle them on my cereal or in ice cream, which led to the creation of this drink. When the cereal was gone or the ice cream had melted, a blueberry or two would have seeped their nectar into the remaining milk or melted cream and infused those last spoonfuls with divine flavor. Taking that same approach, this drink is sure to be a thrill for your boys and belles. They may like my Brown Sugar Blueberry Pound Cake as well!

Serves 2

1 cup fresh blueberries

1–2 tablespoons vanilla sugar
(see page 12 on syrups and
sugars for recipe)

1 cup milk

½ cup heavy whipping cream

Puree the blueberries with the sugar and incorporate them into the milk and cream, mixing well. Chill and serve. Mason jars are fun to use as glasses. Of course, you can blend ice into this for a smoothie effect.



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