

## Food

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### Ahhhhhh Summer! By Naomi Williamson

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Grab your sunglasses and flip flops – the season we dream of all winter is here! As much as we Minnesotans enjoy the flicker of a fireplace in winter, we rejoice in the glisten of sun on bare skin and the sensual pleasures of summer. From Memorial Day to Labor Day we want to cram it all in! Trips to the cabin compete with the wide variety of events that bloom in summer - farmers markets, block parties, festivals, fairs, openings – things that TOSCA puts in one nice publication that covers the whole season!

With all of that going on, why would you spend time in a restaurant? Oh let us tell you! Sure, you can go to the farmer's market yourself and pick up the bounty of summer, but you don't always want to work that hard, do you? And sometimes you want those lovely fruits, vegetables and herbs put together in ways you would never think of, don't you? Especially in restaurants that vary their menus to take advantage of the unique fruits, vegetables, herbs, flowers, meats and seafoods that arrive with summer, a variety of local, fresh, healthy and wonderful ingredients can show up on your plate like a profusion of complimentary flavors. A creative chef can make a culinary masterpiece of flavor, beauty and healthy eating. An example from last summer was our Chef Atanalian's Watermelon Tuna Tartar. Consisting of watermelon, tuna, cilantro and a bit of habanero oil, it was divine at Sanctuary. When I tried to put it together at home...well, let's just say it needed Chef Atanalian's magic touch!

Restaurants fortunate enough to have patios for outdoor dining can serve these fabulous seasonal offerings in a setting that matches the celebration on your plate. Lunch on a patio feels like a mini-vacation, but evening dining on a patio, under the stars, feels romantic and indulgent. You can be spoiled, romantic and casual all at the same time! But keep in mind that because of the unpredictability of rain, most patios cannot be reserved. That means you can show up at the last minute and still have a good chance of getting a table – well, if everyone else hasn't beaten you there!

Restaurants also may compete for your attention by throwing creative special events designed to take advantage of the season. Sanctuary, for example, has upcoming indoor/outdoor summer events including a Bastille Day celebration (July 14) and a special five course tasting menu featuring unique fresh produce paired with a variety of champagnes (August 25). Parties on the patio featuring music and unique refreshing cocktails also will liven up our summer! So grab your sunglasses and flip flops, but don't forget your taste buds! See you on the patio!



Potato paper layered with cream cheese, smoked salmon raviolis, with white peach pesto and a daisy (all eatable)!

Michael Kutscheid and Naomi Williamson are owners of Sanctuary restaurant- located in downtown Minneapolis near the Guthrie and the Dome, at 903 Washington Avenue South. Check out their unique menu at [sanctuaryminneapolis.com](http://sanctuaryminneapolis.com) or call 612.339.5058 for more info.