

OVER 550 WINES REVIEWED IN THIS ISSUE 78



WINE ENTHUSIAST[®]

MAGAZINE

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Veg Out

With winter in the rearview mirror, greenmarkets are finally coming back to life. This is something to celebrate. To help you get back in the *legume* game, our Entertaining & Lifestyle Editors Mike DeSimone and Jeff Jensen designed the ultimate playbook for scoring—and savoring—a springtime bounty at your local farm stand.

BUY

Be on the lookout for the first green vegetables of spring like asparagus, ramps, artichokes, fava beans, peas and pea shoots. Tip: Arrive early. Hip, locavore restaurant chefs often pick a farmer's market clean of the more eccentric offerings by 10 a.m.

PREPARE

There are a multitude of wonderful cookbooks based on seasonal eating. One of our favorites is Terry Walter's *Clean Food* (Sterling Epicure, 2012) whose subtitle, "A Seasonal Guide to Eating Close to the Source," pretty much says it all.

PAIR

Although there are some exceptions, white wines are the safest bet with springtime produce. Sauvignon Blanc is ideal with asparagus, as the tropical fruit and herbal notes of the wine pick up the bright grassy flavor of the tender stalks. The mineral notes of Cava go well with earthy artichokes or fava beans, and zesty Albariño will hold up to the fresh flavors of peas or ramps.



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