

**50 BEST
FOOD SHOPS
IN THE WEST**

Sunset

THE FLAVORS OF FALL

Delicious stews & savory pies

**PUMPKIN
SHEPHERD'S
PIE p.59**

OCTOBER 2012

VISIT US AT SUNSET.COM

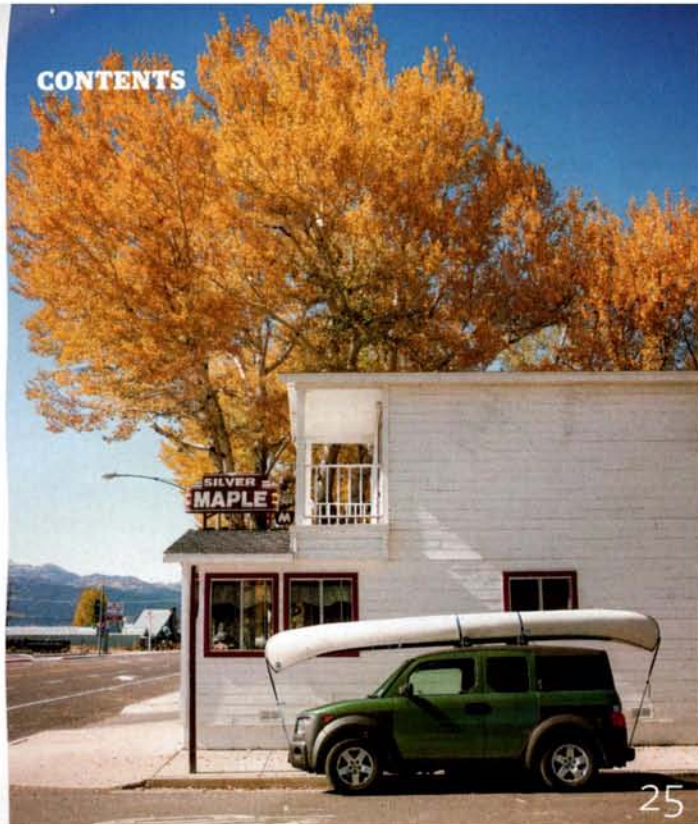
**Top hikes &
drives for
fall color**

**CRAFT BEER
ROADTRIPS**

**46 grasses,
bulbs & natives
to plant now**

**SCARY-COOL
HALLOWEEN IDEAS**

CONTENTS



25

WHAT OUR SYMBOLS MEAN

= Dogs allowed
 Contact destination for restrictions or fees.

Our restaurant price ranges represent the average price (in U.S. dollars) of dinner entrées, unless we're recommending breakfast or lunch.

\$ \$12 or less
 \$\$ \$13–\$20
 \$\$\$ \$21–\$30
 \$\$\$\$ more than \$30

Travel

- 25 | THE GUIDE** The 11 best drives and hikes for basking in fall's fireworks
- 28 | SAVOR THE WEST** Head to the heart of Northern California's craft-beer boom.

Home & Garden

- 35 | EASY STYLE** Grow velvety amaranth for a showstopping autumn bouquet.
- 38 | NORTHERN CALIFORNIA CHECKLIST** What to do in your garden in October
- 40 | FALL PLANTING** Shrubs, bulbs, and salad greens to get in the ground now
- 48 | IDEA HOUSE** Our customized prefab Breezhouse is an eco-friendly yet high-style oasis.

40



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85

Food & Wine

- 85 | IN THE WESTERN KITCHEN** Surprising root vegetables are the delicious secret ingredient in both sweet cupcakes and savory sautés.
- 90 | FEEL-GOOD FOODS** Local, whole-milled wheats in thousands of varieties are transforming the baking world.
- 96 | FAST & FRESH** Achiote flank steak, edamame and almond hummus, spicy sausage pasta, and Armenian pilaf

Also in this issue

- 6 | FROM THE EDITOR**
- 8 | YOU SAID IT**
- 110 | LIVING THE DREAM**

Recipe index

BREAKFAST

Whole-wheat waffles with spiced fall fruit **94**

APPETIZERS

Edamame and almond hummus **96**
 Pumpkin curry empanadas **62**

SALADS & SIDES

Armenian pilaf with pine nuts **98**
 Fresh goat cheese and radicchio salad with figs **80**
 Heirloom tomato and haricot vert salad with pistou **80**
 Rutabaga hash with onions and crisp bacon **86**
 True whole-wheat bread (on sunset.com)

MAIN COURSES

Achiote flank steak with apple and jicama slaw **98**
 Chicken fricassee with parsley roots and chanterelle mushrooms **87**
 Merguez with chickpea purée and eggplant jam **81**
 Pumpkin shepherd's pie **62**
 Spicy sausage and chard pasta **96**

DESSERTS

Apple pumpkin galette **62**
 Pumpkin brûlée tart **63**
 Pumpkin caramel ice cream pie **63**
 Red velvet cupcakes with orange buttercream **89**
 Vanilla pots de crème with dark chocolate and roasted almonds **82**

This month's cover

Pumpkin beyond dessert: Roasted and mashed, it's a savory, rich topping for shepherd's pie made with lamb and mushrooms. Photograph by Annabelle Breakley; food styling by Randy Mon; prop styling by Nissa Quanstrom/Aubri Balk, Inc.

Perennials

Semipermanent plants, some perennials are evergreen; others die to the ground at the end of each growing season, then reappear from roots the following year. Most need periodic division and replanting to look their finest. Grow them for their colorful foliage or for beautiful blooms.

FOLIAGE

The leaves of perennial foliage plants range from green to colorful enough to brighten any garden. One of our favorite foliage workhorses is heuchera, which comes in a variety of leaf shapes, from rounded to ruffled to scalloped, with colors ranging from burgundy, caramel, apricot, and bronze to vibrant chartreuse. The low perennials—about 1 to 3 feet tall and wide—are perfect in containers and borders. Give them full to part sun and regular water.



FLOWERS

The best perennials to plant now, after a dry summer, are unthirsty bloomers such as 1 salvia, 2 gaura, and 3 yarrow. All pump out striking flower clusters over a long season (from summer well into fall); many attract

pollinators such as bees and hummingbirds. Grow the plants in a sunny spot where they'll have enough room to reach full size, and water regularly for the first year or two, until the plants mature.



It's easy to buy garlic at markets. But there's good reason to grow your own: You can't beat the spicy flavor of homegrown hardneck varieties such as 'Spanish Roja'. In spring, hardnecks send up a center flower stalk that you can use like scallions in cooking. (You need to snip it off anyway, to make the bulb grow larger.) Once the leaves die back next June, dig up the plants, brush off the soil, and store the bulbs until you're ready to cook. Sources: Territorial Seed Company (territorialseed.com), Hood River Garlic (hoodrivergarlic.com)

CLOCKWISE FROM TOP LEFT: E. SPENCER TOY, IMAGE SOURCE/GETTY IMAGES, KIMBERLEY NAVABPOUR, THOMAS J. STORV, E. SPENCER TOY (2), KIMBERLEY NAVABPOUR, LINDA LAMB PETERS



Wildflowers

In much of the West in spring, wildflowers carpet whole hillsides with brilliant blooms of yellow, orange, pink, blue, and white—especially after a rainy winter. You see annuals with willowy stems and crepe paper-thin petals that glow in sunlight. And you see tough perennials that have thick petals saturated with color. But you don't need a roadtrip to find wildflowers—they grow in garden beds and even in containers. Buy a seed mix designed for your climate; an ounce of seed can cover 100 square feet. Broadcast the seeds over weed-free soil in a sunny spot, following package instructions. Lightly rake the soil to cover the seeds. Oh, and pray for rain!

12 GARDEN-FRIENDLY WILDFLOWERS

1. Blackfoot daisy
Melampodium leucanthum
2. California poppy
Eschscholzia californica
3. Corn cockle
Agrostemma githago
4. Baby blue eyes
Nemophila menziesii
5. Perennial blue flax
Linum perenne
6. Clarkia
Clarkia unguiculata
7. California desert bluebells
Phacelia campanularia
8. Desert marigold
Baileya multiradiata
9. Godetia
Clarkia amoena
10. Lupine
Lupinus succulentus
11. Tidy tips
Layia platyglossa
12. Wine cups
Callirhoe involucrata



Don't forget to plant seeds of sweet peas now or, come spring, you'll be sorry! Among our favorites for fragrance: 'Cupani', a deep purple bicolor heirloom, and 'April in Paris', with wavy petals of creamy pale primrose yellow with a lilac flush. reeneegarden.com



Greens

Salad mixes are cool-season essentials—quick, easy, and tasty. Sow seeds before cold weather sets in (plants mature in about six weeks). Our pick: Baby Red Mix from Cook's Garden (cooksgarden.com), for its colors, flavors, and textures. For cooking, try Renee's Stirfry Mix, from Renee's Garden Seeds (reeneegarden.com). It blends Asian red kale with tangy red mustard, mizspoona (a new cross between sweet mizuna and succulent tatsoi), and a white-stemmed pak choi. >46

