

cold, refreshing & organic!

cool off with these mouthwatering beers



a warm summer's eve just cries out for a burger and a beer. Of course you're thinking veggie—or at least something grass-fed and sustainably raised—between the buns. But organic beer? Absolutely! Not only are the barley and hops grown without chemicals and pesticides on small farms, but the beer is also brewed carefully in small batches, using fresh, local ingredients. Just remember: Because these beers have

no artificial preservatives, most have a shelf life of just six months. Thanks to rising sales—\$25 million in 2006—and to conscious-consumer demand, there are more organic-beer choices out there than ever. To make your lazy summer days even lazier, the *Pilates Style* team put 16 USDA-certified organic (meaning 95 percent of the ingredients are organic) brews to the test. Ah, the sacrifices we make for our work.

Vermont-based **Wolaver's** has been brewing great beer since 1997. Today they offer five varieties: hoppy Pale Ale; intensely hoppy India Pale Ale; mild, roasted-tasting Brown Ale; plus two seasonal beers: dark and creamy Oatmeal Stout, and fruity, Belgian-style Wit Bier (\$8.99 for a six-pack; wolavers.com).

Samuel Smith Organic Ale tastes like a classic English brown ale, with full-bodied

flavor and a delightful balance of hops. The dry yet mild beer, which is made in the oldest brewery in Yorkshire, England, pairs well with food. Also available: hoppy Organic Lager (\$3.49–\$4.29 for a 12 oz. bottle; merchantduvin.com for stores).

Medium-bodied **Orlio Common Ale** is simple and straightforward—like its name implies—with a velvety, creamy beginning and a bitter hop finish. Two other seasonal

varieties from the brand-new brewery: spring/summer India Pale Ale, which is fruity with a dry hop taste, and the delightfully roasty fall/winter Black Lager (\$8.99 for a six-pack; orio.net).

Peak Organic Amber Ale tickles your tongue with tangy bubbles. The decade-old Maine company produces three additional varieties: citrusy Pale Ale, chocolatey Nut Brown Ale, and Maple Oat Ale, made with real maple syrup (\$7.99–\$8.49 for a six-pack; peakbrewing.com).

To celebrate its 25th anniversary, Whole Foods is launching two organic artisan beers. Firm-bodied **Old Plowshare Stout** is a solid stout, with tobacco and chocolate notes. If you're craving sweet, sip the thick and fruity **Cru d'Or Belgian Style Ale**, which even smells delicious (\$6.99–\$7.99 for a four-pack; at Whole Foods Market).

Eel River Raven's Eye Imperial Stout is made with nine malts, which explains its robustly roasty flavor. America's first certified-organic brewery makes six other styles: floral Organic India Pale Ale, crisp Organic Extra Pale Ale, potent Organic Porter, rich Organic Amber Ale, ultralight Organic California Blonde Ale, and English-style Organic Triple Exultation (\$7.99–\$9.99 for a six-pack; eelriverbrewing.com for stores).

Perfect for summer, light-bodied **Pinkus-Muller Organic Hefe-Weizen** is crafted in the style of Bavarian wheat beer, with a crisp and fizzy taste and a yeasty aroma. The northern Germany-based brand uses only whole hop blossoms in this beer and in its pale Organic Munster Alt and dry Organic Ur Pils (\$3.49–\$3.99 for a 16.9 oz. bottle; merchantduvin.com for stores).

Foam lovers will toast the frothy head in **Stone Mill Pale Ale**, Anheuser-Busch's entry into organic brews. Pack the light and fruity blend of two kinds of barley and hops in your cooler for a day on the beach (about \$7.99 for a six-pack; stonemillpaleale.com). —Amanda Altman



(Cover)